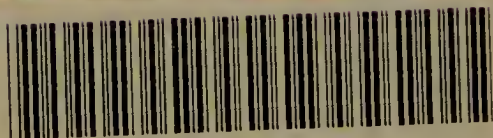


# PERFECT HEALTH



BY ONE WHO HAS IT



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*Yours for Humanity.*  
*Charles Courtney Waskett.*  

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*In Perfect Health;*



# PERFECT HEALTH

HOW TO GET IT AND HOW TO KEEP IT

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BY

ONE WHO HAS IT

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TRUE SCIENTIFIC LIVING

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CHARLES C. HASKELL

NORWICH, CONN.

L. N. FOWLER & Co., 7 Imperial Arcade, Ludgate Circus

LONDON, ENGLAND

1901

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## PUBLISHERS' GUARANTEE

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Any person who purchases this book and adopts and follows its teaching for one month and is not entirely satisfied with the improvement in his health may return the book and the price will be refunded.

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References as to the above guarantee.

F. S. JEROME, Cashier First Nat. Bank, Norwich, Conn.

N. L. BISHOP, Sup't. of Schools, Norwich, Conn.



## DEDICATION.

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I DEDICATE this volume with a heart filled with love and gratitude to Edward Hooker Dewey, M. D., my highly esteemed friend and brother, who, for his love for the Truth and for his fellow-men, sacrificed his opportunities for acquiring wealth, and, by his self-denial and sacrifice, has given to the human race, suffering with disease, "The True Science of Living," which is the first step toward Perfect Health.

I also dedicate it to my beloved, faithful wife, who, through all the years in which I suffered from disease, did all in her power to cheer and encourage me to fight the enemy ; and who was my "good angel" in the dark days when I walked through "the valley of the shadow of death," and whose testimony, in favor of "The True Science of Living," is as strong as my own.

CHARLES COURTNEY HASKELL.

### NOTE.

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The central design on the cover is symbolical, representing MAN in Perfect Health. Blue (the color of Heaven) represents the Spirit or Life which is the center of MAN: White (purity) the Soul or Mind. Enclosing the Soul and Spirit is the Life-giving Blood, which if pure gives Perfect Health to body, Soul and SPIRIT.

THE AUTHOR.

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# PERFECT HEALTH.

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## CHAPTER I.

### HOW PERFECT HEALTH CAME TO ME.

MY object in writing this book is to give to humanity, suffering with disease, that which has been given to me—the knowledge of PERFECT HEALTH—HOW TO GET IT, AND HOW TO KEEP IT.

We *know* only what we *experience* in our own lives. I shall, therefore, give only what I *know* by my own experience, and what I have thoroughly tested and have incorporated into my own life. I have the knowledge of the *way* to the “Abundant Life,” which is Perfect Health, and I am glad to give what has been given to me in such large measure, even at the risk of being considered egotistical, because so much of what

I shall write will be personal, for I cannot tell how to get Perfect Health without telling how it came to me.

I shall also give testimony from a few of the many thousands who have followed my example and have received similar benefit. It will be my aim to make the statement of facts *clear, definite, logical, scientific* and *convincing* so that the reader may see the truth and be led to accept it.

In 1883 the idea came to me that "Twenty Years of Congress from 1861 to 1881" by James G. Blaine would be a valuable contribution to the historical literature of the United States. That period of the life of this great republic had been the most eventful in the country's history, Mr. Blaine had been one of the most conspicuous actors in it, having been a member of Congress, in the House and Senate, for nearly all that period, and, by his great natural ability and culture, he was eminently qualified to be the historian.

I made the contract with Mr. Blaine in

October, 1883, to write the history, and in Feb., 1884, the press of the country announced the forthcoming publication. I proceeded at once to put it on the market through canvassing agents. The announcement of the work by such an eminent author created an unusual interest throughout the entire country and extended to foreign countries. Seventeen-thousand agents were employed during the first year in selling the history. The burden of the publication of this work and the care of all the agents rested entirely upon me, and all this in addition to an old established publishing business. For three years I had the responsibility and did the work that should have been divided among three or four men.

The result of this was that, in 1886, I broke down completely in health, losing the use of my left lung and my nervous system seeming to be a complete wreck. The celebrated Dr. Henry I. Bowditch of Boston, who was one of my physicians, said he never knew a man to be as sick as I was

with pleurisy, pneumonia, and other complications, and live, and the only reason that I did live was that my system was entirely free from alcohol and tobacco. Another of my physicians said that my left lung was "a foregone conclusion," and that I could never again be a well man; that I must give up business and simply take care of myself for the remainder of my life which might, with good care, be continued for some years.

I replied that I would not do that; that a man might as well be dead as alive, if he could not work, for there is no place in this world for a man who does not work. I struggled on for eight long, weary years "fighting for life." My physicians did all that was in their power to do for me through their knowledge of the *materia medica*; through diet and by change of air and climate, sending me wherever they thought I could get benefit; to the seashore, to the country, to the mountains and to Europe, but all without avail.

After a desperate fight of so many years with disease, I was ready to give up the battle and give to the enemy the victory. I was literally worn and tired out, and felt that the grave was the only place where I could find rest. There was no enjoyment for me in the bare existence that was mine, no beauty, no sweetness, no strength, no life. All was darkness and suffering, because disease was in control of my being, instead of health. This was my condition in May, 1894.

Among the agents employed to introduce "Twenty Years of Congress" was Mr. B—— of Meadville, Pa., a gentleman of education, a teacher of twenty-fives' year experience. He was said by some to be the best platform speaker in Western Pennsylvania. In my first interview with him, I saw that he was addicted to the use of alcoholic liquors and tobacco, but said nothing to him about it. He was very successful in selling "Twenty Years of Congress," but after a time he dropped out. As he had been so successful

in selling books, I wrote him from time to time, trying to get him to work again. After about two years he wrote me that I had been very kind in following him up, trying to get him to work, but the fact was, he had not been in a condition to work ; but that he had determined to stop drinking and would come on and work for me again. He came and told me his story of suffering.

He had suffered for twenty-five years with nervous dyspepsia in its most severe form, caused by the whiskey habit. It seemed to him that he had endured all the torments of hell. After eating, he would have a nerve-storm, and no one who had not experienced it could have any conception of his sufferings. He could only get temporary relief by drinking whiskey and in that way deadening his sensibility. In that condition he had simply *existed* for all those years. It was not life ; it was hardly a bare existence. A living death ! He had sought in every direction for help ;

had tried everything and every physician that he thought could be helpful to him. As a last resort he had been to the eminent N. S. Davis, M. D., of Chicago, the Nestor of the medical profession and the highest authority on alcoholics in this country ; but all to no purpose. His sufferings only increased. He would go without eating for days at times to avoid the horrible nerve-storms. This was the substance of his story told to me of his terrible anguish for the twenty-five years of misery. I gave him all the encouragement I could and sent him away to work, but no report of work came, and I knew that the enemy had been too strong for him, and that he could not resist him successfully—that he was still in his power.

Time went on until Monday, May 14, 1894, when I received a telegram from Mr. B—— from New York City, saying that he wished to see me, and asking if I would be at home the next day. He came and, as he entered my office, I saw at a glance that a wonderful transformation had taken

place in him. The bloat was gone, the black eyes shone with the luster of health and life, and his whole appearance indicated that his nervous system had been renewed in strength and vitality. As I greeted him with a cordial grasp of the hand, I said, "Mr. B—— how-do-you-do?" His quick reply was, "I am all right. I have made the greatest discovery of the age—that is a physician has—and I have helped him, and I have come on (a distance of over five-hundred miles) to tell you of it." He then told me the story of his experience; of his marvelous cure of nervous dyspepsia, from which he had suffered, as I have before stated.

I will give the substance of his account of the cure, which was indeed marvelous. In Meadville, his home, lived a manufacturer, Mr. H——, who several years before developed a cough which indicated a tendency to that terrible scourge, consumption. He put himself under the care of physicians who prescribed for him, besides



the customary drugs, whiskey. As the cough grew worse the physicians ordered more whiskey, until the time came when he was taking a quart a day. A few months previous to Mr. B——'s visit to me, he was told that Mr. H—— was very low and would probably not live but a few days. As he had always held friendly relations with Mr. H—— he called to see him and found him in a very feeble condition, coughing continuously, and reduced almost to the skeleton condition. Mr. B—— felt that from appearances Mr. H—— could live but a few days. Gradually, for many years, Mr. H—— had been gliding down the hill of disease, until it seemed that the grave was just before him; that he was on its brink and that the old enemy, death, was about to claim its victim. Mr. H—— was suffering so intensely that he asked Mr. B—— if he would call Dr. E. H. Dewey, (whom he had never employed,) that perhaps he might do something for him that would relieve him. Mr. B—— was sur-

prised that he should wish to call Dr. Dewey, for the doctor had the reputation of starving his patients, and Mr. H—— in his weak and almost skeleton condition certainly needed nourishment, and much of it, and not starvation.

Mr. B—— found Dr. Dewey and gave him Mr. H——'s message, saying at the same time, "I think he can not live more than ten days, but you can probably make those few days more comfortable." When Dr. Dewey called, Mr. B—— was present and after a careful diagnosis of the case, the Dr. said, "Mr. H——, you are a very feeble man, but I think you have a bare chance for life, and if you will do just as I tell you, I will try to help you." Mr. H—— said he would do it. At this time he was taking a quart of whiskey a day and the bottle then stood on the table half filled. Dr. Dewey said to him, "Take no more whiskey. Every drop you have ever taken has been an injury to you. Eat nothing until *natural hunger* comes. Drink cold water when

thirsty. This course is the only one in the world that can help you." The Dr. explained to him what the sensation of *natural hunger* is; prescribed no drugs; gave him an injection of morphine in his arm and left.

Mr. B—— was astonished at such advice as this. It seemed to him almost idiotic. This man, nearly a skeleton, certainly needed nourishment, and it was sure suicide for him to adopt such a course as Dr. Dewey had prescribed.

Physiology had been Mr. B——'s favorite study and his interest had been so thoroughly awakened by the doctor's prescription that he determined to watch this case with the closest care. He called on Mr. H—— every day to see what the result would be. The first day he called, the whiskey remained untouched; Mr. H—— had eaten nothing because there was no natural hunger. To Mr. B——'s surprise the cough was not quite as severe and he appeared to have a little more strength.

The second day he called and the improvement had continued. No whiskey-taking, no eating; simply drinking cold water when thirsty. The third day he called and he could see a marked improvement in the lessening of the cough, and an increase of strength, and this without anything taken into the system except cold water. On the afternoon of the third day *natural hunger* came and Mr. H—— called for a meal of bread, lamb-chops, potatoes and other vegetables which he ate with the keenest relish, reminding him of the hunger of boyhood days.

The improvement went on from day to day, Mr. H—— never eating except when hunger called for food, and drinking cold water when natural thirst called for liquid. In a comparatively short time he was able to take charge of his factory, something he had not done for years. Mr. B—— gave me all these facts, and afterward they were corroborated by Mr. H—— who wrote me very particularly, covering his experience with “many physicians” and with Dr. Dewey.

A deep impression was made on Mr. B——'s mind. It seemed to him that Mr. H——'s recovery was a miracle. It certainly was the most marvelous cure that ever came under his observation, and he said, "If Dr. Dewey can perform such a wonderful cure as in the case of Mr. H—— in so short a time, why can he not cure me of this awful nervous dyspepsia?" Acting upon this suggestion of his mind, he called upon Dr. Dewey and said, "Doctor, you are aware of my deep interest in Mr. H——'s case. I have watched it intensely. I thought when you first called on him that he could not live above ten days. His recovery seems to me like a miracle." The Dr. replied, "If he had continued the treatment he was having, he probably would have lived not more than ten days, for he was very near to the skeleton condition. But the improvement did not surprise me, for I have been practicing the same treatment with my patients for more than twenty years." Said Mr. B——, "If you can do so

much for a man as near to death as Mr. H—— was, why can you not cure me of this nervous dyspepsia from which I have suffered for more than twenty-five years?" To this the Doctor replied very promptly. "You can be cured very easily, but not by drugs. Drugs never cured anybody and never will. We can sometimes use a drug to rest a man when he has suffered with pain so intensely and so long that he feels that he cannot endure it longer, and must have a little respite that he may gather himself up so as to continue the battle for his life, But the benefit received is not of a healing nature. The true healing power is in Nature herself. Mr. B——, if you will follow my advice strictly as did Mr. H—— you will be cured easily and speedily." Mr. B——'s response was that he would follow the doctor's instructions implicitly. Dr. Dewey then explained to him what *natural hunger* is, and stated that if he would abstain entirely from eating until that hunger should come,—drinking cold water when thirsty,—

that when he had the *natural hunger* he would be a well man; that the natural hunger would not come until the disease was conquered; that to wait until it should come was the safest thing in the world for him to do. Mr. B—— said to Dr. Dewey that he would follow his instructions to the letter, and it was easy as well as delightful for him to do this, for when he abstained from food there were no nerve-storms for which he had felt he must take the poisonous whiskey to paralyze sensation.

Mr. B—— commenced at once to fast, following strictly the doctor's instructions. Every day found him improving and gaining in strength, although losing in weight. At the end of two weeks, not having taken any food into his stomach—drinking only cold water—natural hunger came and he went home to eat, taking a good meal of meat, vegetables and bread, and for the first time in twenty-five years his stomach gave him no trouble after eating. He was cured of that horrible disease and terrible

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misery by simply abstaining from food for two weeks and giving Nature a free chance to work a complete cure, and it was done as all of Nature's work is done—in a perfect manner. Only keep the obstructions of decaying food out of the way and Nature will work a perfect cure, and by a strict observance of Nature's laws we will keep in Perfect Health.

Mr. B——found himself in a new world—the world of health—instead of the world of disease that he had been in for so many years. A new life had come to him, and the exuberance and elasticity and buoyancy of youth had returned. He had no desire whatever for whiskey, and to test himself thoroughly he went into saloons and bar-rooms, into the very midst of the fumes of intoxicating liquors, only to find that all his appetite and desire for intoxicants had entirely disappeared. Instead of a desire for it, he found the very smell of liquor to be disagreeable. He had no thought of giving up the use of tobacco, but soon his sense of



taste had become so refined that the taste of tobacco was very disagreeable, and he stopped chewing the filthy weed. Soon his sense of smell became so elevated that the odor of tobacco became offensive and he gave up smoking.

As Mr. B—— sat in my office telling of his great deliverance, he said, "Mr. Haskell, it takes all the bad feelings out of a person." As the days went by and health and life increased, his enthusiasm became almost unbounded, and it seemed to him that Dr. Dewey had not only *discovered the cause of disease and the cure*, but that he had also discovered the cure for the appetite for alcoholic liquors, and that it ought to be given to the world in book-form that the poor victims of the fiery appetite might be delivered from their bondage.

Acting upon this suggestion he went to Dr. Dewey to induce him, if possible, to give to the world this marvelous light for the cure of Alcoholism. "The Keeley Cure," to his mind, was nothing to be com-

pared with this great discovery. To this suggestion from Mr. B—— Dr. Dewey replied that if he were to write such a book, no one could be found to undertake its publication. To this Mr. B—— replied, "I know a publisher who will undertake it—Mr. Charles C. Haskell of Norwich, Conn. I have worked for him and know him and believe he would do it." "What is the condition of his health?" inquired Dr. Dewey. "I do not know," replied Mr. B——. "But I believe he would publish the book, and I will go on to Connecticut and see him." "It will be entirely useless for you to go," said Dr. Dewey, "for no publisher would bring out such a book unless you could find one who is broken in health and needs to be redeemed by such a course of living." Mr. B—— was not to be discouraged by Dr. Dewey's arguments, but determined to come and see me and lay the matter before me. He came and I have told his story. Mr. B—— brought with him letters from many influential people of Meadville, editors, lawyers,

teachers and others, who testified as to the wonderful success that Dr. Dewey had had for more than twenty years in the cure of disease. Many of the writers of the letters and their families had been under Dr. Dewey's care, and they were unanimous in their opinions that the doctor had discovered the true healing power in Nature.

I listened with the keenest interest to all that Mr. B—— said. I had known him as a wreck in health. I now saw him physically regenerated. The letters he brought were convincing. When he had finished I said, "If Dr. Dewey will write a book that will be scientific and that will contain *the cure for disease*, I will publish it and I will write him at once to that effect. But, Mr. B——, you have come to me at a very singular time. I am just ready to give up the battle for life which I have been fighting for eight years." I told him how I had suffered, and said that I would try the plan of living as set forth by Dr. Dewey, and see what the result would be in my case. That even-

ing I told my family Mr. B——'s remarkable story, and we decided that we would make a trial of Dr. Dewey's new plan of living, which in substance is:—

*First.*—TO ABSTAIN ABSOLUTELY FROM  
THE EARLY MORNING MEAL.

*Second.*—NEVER TO EAT EXCEPT WITH  
NATURAL HUNGER.

*Third.*—TO MASTICATE EVERY MOUTHFUL  
OF FOOD AS LONG AS THERE IS ANY  
TASTE IN THE FOOD.

*Fourth.*—TO ABSTAIN FROM ALL DRINK  
WITH THE MEALS.

## CHAPTER II.

### RESULTS.

“THE proof of the pudding is in the eating,” and so we proceeded at once to test the new plan of living. The next morning the breakfast was omitted in our home. For the first time I went to my office with an empty stomach which was a new experience for me. About eleven o'clock my head began to ache, as it did sometimes in the afternoon when I had been away on business and had forgotten to eat dinner. Sometimes the headache would disappear after I had taken some food. On this day I went to my dinner at one o'clock. I made a mistake in eating, as I was not hungry, and the headache remained with me all the afternoon, and I felt exceedingly miserable. At night I felt like giving up the whole thing, but the next morning I realized that there was a slight improvement and that my

sleep had been a little more restful. For years I had awakened in the morning more tired than when I went to my bed. But this morning I realized that my sleep had been a little better and that I, in consequence, had more strength. I decided to try the plan for another day and did so. On that day there was no headache and there has been none since. At noon I was hungry for the first time in eight years. By omitting the morning meal twice, Nature had done what my physicians with all their skill had not been able to do, and I ate with a decided relish.

The improvement continued until I realized that I had Perfect Health. As the weeks and months and years have gone by, there has been a constant increase of strength and vitality and youthful vigor up to the present time. The change was so blessed and wonderful that I commenced the study of the subject thoroughly and scientifically, and the result of this study is that, to my mind, Dr. Dewey has discovered

the natural and scientific law for eating and drinking, and by following it we all may be entirely free from disease.

Dr. Dewey wrote a volume entitled "The True Science of Living or The New Gospel of Health" and afterward he wrote a supplementary volume entitled "A New Era For Woman." These volumes contain the results of his long and successful experience in the treatment of disease, in accordance with the laws of Nature and without the use of poisonous drugs. These books are above price, for they contain THE KEY TO PERFECT HEALTH. In "The True Science of Living" Dr. Dewey says, "Every disease that afflicts mankind is a constitutional possibility, developed into disease by more or less habitual eating in excess of the supply of gastric juice." In this sentence he has given the cause of disease and the cure. In another chapter I shall explain this statement scientifically.

Mrs. Haskell had been a victim of asthma and bronchitis for more than fifteen years.

She was very delicate and exposure to dampness or draughts of air would bring on attacks that would cause her intense suffering, sometimes lasting for weeks. Every known remedy was tried with only temporary relief. She has, like myself, been a disciple of "The True Science of Living" for nearly seven years, and has never during that time had a single attack of the asthma. A complete cure was wrought and her life is free from asthmatic suffering, and she is rejoicing in Perfect Health.

As we realized more and more in our experience the blessedness of "The New Gospel of Health,"—for it had indeed proved "A Gospel" to us,—we desired above all things to give it to other sufferers. In about three weeks after the "good news" came to us, one day I met Mr. W. T. Lane, then Sup't. of the Broadway Con'g. Sunday School, who had suffered all his life with periodical sick headaches. He said, "I have one of my excruciating headaches to-day." I replied, "If you will come into my



since I will tell you of something that will cure you." I told him of "The True Science of Living," how it came to me and its results in my case. The result of that interview, Mr. Lane has told in a letter in the Appendix to this volume.

A brother of Mr. W. T. Lane, Mr. H. C. Lane, a blacksmith by trade, had been a sufferer for six years or more with rheumatism. I talked with him many times about the true way of living to cure all disease, but his reply always was that a man who worked hard at the anvil all day, as he did, must have his morning meal. After a time he had a more severe attack of the rheumatism than usual, and he concluded to try the new remedy, as he had lost all faith in drugs to help him. He commenced the new way of living and at once improved. He tells the result in the Appendix. Another of the disciples of "The New Gospel of Health" is Miss M. Louise Sturtevant who was the first lady outside of my own family to adopt it. She tells of

her six years' experience in a letter in the Appendix.

Every one to whom I made known the "glad tidings" and who put into practice this scientific way of living for all mankind, realized the same beneficial effects, and many thousands and perhaps millions in all parts of the world are rejoicing in the new light for Perfect Health, and their testimony is the same as that of those given in this volume. It would take an immense book to contain all the letters of thanksgiving and praise for "The True Science of Living" that have come to us from all parts of the world where "The New Gospel" has been made known.

In September, 1894, Rev. Geo. F. Pentecost, D. D., then preaching in London, Eng., was for a few days my guest. He had known me during the eight years I was an invalid and he now saw me in good health, after having followed "The New Gospel" four months. Dr. Pentecost had been all his life (nearly fifty years) a terrible

sufferer with periodical sick headaches, getting only temporary relief from the best medical skill in this country and in Europe. I explained to him the science of Dr. Dewey's system of true living, and told him of my own experience and that of many others. He called on some of these people and heard their testimony. He adopted "The New Gospel," and for him there have been no headaches for more than six years. A full account of Dr. Pentecost's case is given by himself as an introduction to "The True Science of Living." It is a splendid testimony to the triumph of Nature's laws over disease.

Lady Florence Dixie of Great Britain had been a great sufferer with rheumathritis and other ailments. When I read her letter telling how she had suffered, I thought it hardly possible for a person to endure what she had endured and live. She had sought in all parts of the world for help and a cure, but all to no purpose, and she suffered on until she found "The True Science

of Living." Under that she has been relieved and to-day is rejoicing in good health and she gives to "The New Gospel" the entire credit for her recovery. At her request copies of Dr. Dewey's books were sent to Queen Victoria and the Princess of Wales. If Queen Victoria adopts this system, England will have the benefit of her reign for many years to come. "The True Science of Living" has been translated into the Swedish language and King Oscar has written Dr. Dewey a letter commending it.

Mrs. G——, a beautiful queenly woman, became a victim of nervous dyspepsia. For years she had fought the enemy. Her sufferings were beyond description. It seemed to her and to her friends that her mind would break down under the severe torture that she endured continually. She had tried everything that promised help in the line of drugs, only to be disappointed. She was but a wreck of the former elegant, stately woman. Her husband learned of "The True Science of Living," and asked

me if I would call and tell them about it. I was glad to respond to the invitation. As she came into the room, it seemed to me, that she was just on the brink of the grave. Hope was almost gone. She listened as for her life, as I told her what I knew had been done by "The New Gospel" for almost hopeless cases. Hope revived as she listened, and she decided to commence at once a fast which was to restore her to health. After fasting nine days natural hunger came and with it ability to take food without suffering, and from that moment she commenced to regain her health and strength.

A lady of about forty-five years of age had been suffering for several years with Bright's disease. She was for nearly a year under the care of one of the leading physicians of her city, who, seeing that all his skill had been baffled in her case, told her frankly that he could do nothing more for her in the way of a cure and that, in his judgment, no physician could cure her. He

advised her to go to a noted specialist in New York and while he did not think that the specialist could cure her, he could perhaps hold the disease in check. For a year, at great expense, she was under the care of this noted physician, but there was no improvement. I was invited to call and explain to her Dr. Dewey's system for the cure of disease. The next day after my call she commenced to fast. After nine days, without any food having been taken, her husband called on the first physician who had attended her, but did not tell him that his wife was fasting. A scientific chemical test was made, with the result that a reduction of seventy per cent in sugar had been made since the last analysis. The physician was astonished and could not believe such a reduction possible and claimed that in some way he had been deceived.

After ten days more of fasting, her husband again called on the physician and the analysis showed that her condition was normal, to the astonishment of the doctor.

The lady continued her fast for four weeks and at the end of that time went to New York to the noted specialist, who made a thorough chemical test, and pronounced her in a normal condition, as the first physician had done, and neither of them was told that she had been fasting. A perfect cure of Bright's disease had been effected without any drugs, by simply abstaining from food for four weeks, drinking only water, hot lemonade without sugar, or cold orangeade.

As in this case, so in every case of disease, Nature will work a cure if we will only give her a fair field and keep the hindrance of decaying food out of the body.

I might continue this chapter indefinitely, giving results of the cure of disease in thousands of cases in all its manifestations, acute and chronic, (by whatever name called) but I forbear. Enough has been given to start the reader to investigate the right way to Perfect Health, and if he will pursue his investigation, there will be no end to the rev-

elations that will come to him. Light will come from all directions and he will see and realize that the most important knowledge to have is "How to Get Perfect Health, and How to Keep It." What is possible to one is possible to all, for God is no respecter of persons. If *one* has Perfect Health, then it is possible for all to have it. Man was made to have Perfect Health, and he will have it, if he obeys every *spiritual, mental* and *physical law*. Perfect Health comes from obedience to Nature's laws. Disease is the result of disobedience to those laws. We may, if we will, know those laws and obey them and the result will always be to every one Perfect Health. "Thou hast made known to me the ways of life."



## CHAPTER III.

### THE SCIENCE OF PERFECT HEALTH—THE BODY.

I HAVE shown in the preceding chapters how "The True Science of Living" came to me, and its results in my life and the lives of many others who have adopted it. In this chapter and in the following ones, I shall endeavor to give the scientific reasons why "The New Gospel of Health" is the true way to live, and show that Perfect Health will always be the result in the experience of every person who adopts it and who strictly follows it.

When one sets out to conquer or destroy an enemy, the first thing to do is to ascertain who or what the enemy is; his location and his strength. We should never underestimate our foe; neither should we overestimate his power. We should know the

situation as exactly as possible. Disease is man's enemy, and unless it is destroyed it will conquer and the victim will be handed over to death, man's worst and last enemy. "The last enemy that shall be destroyed is death."

We will start first with the statement that *there is but one disease*; not hundreds of diseases as we have been taught. Science teaches that the life of the body is in the blood, and that disease is *one thing* and *only one*, namely, poison or foreign substance in the blood, so that the *one* disease that afflicts humanity is simply and wholly *impure blood*. The blood is made through the process of digestion and assimilation of the food we eat and the way we eat it. If we eat so that we have perfect digestion and assimilation, we shall have perfectly pure blood and pure blood is Perfect Health. On the contrary, imperfect digestion and assimilation makes impure blood, and *impure blood is disease*, and, as I have already stated, this is all the disease that is in man.

This poison or foreign substance that makes the blood impure is carried through the entire body, to every atom, to the most minute part and is deposited in that part of the body where there is the least resistance to it by Nature—in the weakest part that man has inherited, and so the disease manifests itself in various parts of the human body and names are given to it according to its location. Although there may be a hundred or more manifestations called diseases, they are all one and the same disease, namely, *impure blood*, made by imperfect digestion.

The most essential things that we must have in order to have Perfect Health are *pure air* and *sunshine* and an abundance of both. Man can live many days without food or drink, but he cannot live five minutes without air, and without sunshine he will soon grow weak and sickly and die.

Next to these two essential things there are three laws of our physical being, the perfect observance of which will bring Per-

fect Health, and enable us to keep it. These laws are *Sleep, Hunger* and *Thirst*. We give them in the order of their importance. Through these three laws our daily strength is renewed. We do not, as many think, get our strength through eating, but through the blessed, wonderful and mysterious law of sleep. *We sleep to restore strength.* "He giveth His beloved while sleeping." We eat simply to repair the waste of the body through exercise. Perfect sleep depends on observing perfectly the laws of hunger and thirst. It is all important then that we obey perfectly the laws for eating and drinking.

First, I will state, that in consequence of our wrong habits of eating, we have all lost the sense of *natural hunger* and have developed an abnormal sense which is *appetite*. There is as much difference between hunger and appetite as there is between light and darkness. Before we have reached the age of ten years, we have lost the sense of natural hunger by our wrong

habits of living, and in its place developed the artificial, abnormal sense—*appetite*.

The first step then towards Perfect Health is to destroy this abnormal, artificial sense, which is an enemy, and to restore to its rightful place the blessed and true law of hunger. In order to do this we must distinguish clearly the difference between the sensation of hunger and the sensation of appetite. I have asked thousands of persons, including many physicians, if they could describe to me the sensation of *natural hunger*. Not one has been able to do it, unless he had obtained the knowledge through "The True Science of Living." They would always describe some sensation in the stomach such as faintness, emptiness, all-goneness, craving, gnawing, yearning, etc., etc. These are the sensations of appetite and not of hunger and are the results of wrong habits of eating. The abnormal sense, appetite, is located in the stomach and is the parent of disease, our enemy. Appetite is a hard master and the

great mass of humanity are ruled by it and are its abject slaves. An old book says: "Whose God is their stomach." "Put a knife to thy throat if thou art a man given to appetite." "They are all greedy dogs (greedy of appetite) and never have enough."

We all know what the sensation of natural thirst is, that it is located in the mouth and throat, and that when we have it, it almost says "cold water," and prefers that to any other liquid. How delicious to the taste and how cooling is pure, cold water when one has the natural thirst. Then is the time to drink and only then. If people would only observe this rule in drinking, there would be neither kidney nor kindred troubles. The thirst of a person for intoxicating liquors is abnormal and is located in the stomach, the same as appetite.

Like natural thirst, natural hunger is located in the mouth and throat, and is a sensation that food would taste deliciously ; and when we eat at this call, the food is always as delicious as in the early childhood

days. There is no faintness or craving or any of the uncomfortable sensations that belong to appetite that make one impatient or irritable, and make it very hard for one to wait for a meal if it is a little delayed. "Blessed are they that hunger." When one is hungry he can, if necessary, wait for hours for food without losing his poise or abusing the cook with his tongue; but woe to the cook who does not have her meals on time for the man who is under the dominion of the monster appetite, the severest task-master that a man can have. He rules with a rod of iron and mercy is unknown to him. He stands between man and Perfect Health and is death's prime minister. King Alcohol has slain his thousands, but King Appetite numbers his victims by millions.

That one may have Perfect Health *he should never eat except when the call comes from natural hunger.* That should be the invariable rule of his life. More depends upon the observance of this rule than upon any other law of his being.

It is a physiological impossibility for any one to have this natural hunger more than twice a day, even if he does the hardest kind of manual labor or the most severe mental work. It has been demonstrated for more than thirty years by Dr. Dewey and his patients, and for the past six years by thousands of people and perhaps millions in all conditions of life, by persons of all ages and in all kinds of trades and professions, among the highest and lowest, the rich and the poor, male and female, in all countries and all climates. Wherever tested it has been proved beyond doubt that no one can have natural hunger more than twice a day. This being the law of Nature, we should at once adopt it and eat only when natural hunger calls us to the feast; if it calls twice a day, obey the call, and if the invitation should come only once, accept it thankfully and obey it; and if it does not come at all, recognize the truth that there can be no digestion without natural hunger and without this, no nourishment can be given to the body; so let the day be



one of fasting. Nature's warning voice has said clearly for that day, "Do not eat." + Obeying her voice implicitly will bring a rich reward and Nature will overcome the obstruction that was the cause of the loss of hunger; health will again come and with it *natural hunger will come in the mouth and throat.* "Who filleth thy *mouth* with good things, so that thy youth is renewed like the eagles."

The reader will naturally ask here what causes this natural hunger and when does it come. I have already stated that we get our strength through sleep and that restful sleep is the most important law of our being for Perfect Health. Through sleep all the muscles of the body are rested into strength. The more quiet and restful the sleep, the greater degree of strength is realized. All the muscles and organs are relaxed during sleep and cease their work in order that new strength may be poured into them to fit them for renewed activity. This is true of all the body except the heart and lungs,

whose action is not a tax on nerve power. The muscles of the stomach and the glands that line it, which secrete the gastric juice that is poured into the stomach to digest the food, are the hardest worked muscles of the body. No blacksmith at his anvil, nor farmer in his field, works the muscles of his arms as hard as the muscles and glands of our stomachs are worked in the process of digesting food. We never give them a day of rest unless we are forced to do so by sickness, and even then we are usually compelled by the physician to eat, as he says, "to keep up our strength," when good sense says that there can be no digestion without hunger, and without digestion we get no nourishment from the food taken.

The stomach having performed such severe labor during the day rests during sleep (provided it is empty when one retires) and is dormant. Therefore the glands do not secrete any gastric juice during the hours of sleep; but Nature is resting them into power for the work of the coming day;

and Nature does her work perfectly when she is unhampered.

When one awakes in the morning, the stomach is not prepared to digest food for the reasons I have given, although it may be entirely empty. During sleep, the body is without exercise, there is the minimum of waste ; therefore but little, if any waste to repair. Consequently there is no necessity for food, for as I have before said, we eat only to repair the waste of the body through exercise. When we awake and commence the labors of the day, Nature commences her work of preparation for digestion, and it takes from four to six hours after one has arisen to make perfect preparation. When this is done the glands and muscles of the stomach are ready to do their work in a perfect manner, and they send their dinner-bell call up into the throat and mouth that they are ready to do their work. This is natural hunger and the way it is produced and, when one is living in obedience to God's laws, it is as unerring

and regular in its call as the rising of the sun.

When we eat only at the call of hunger which is thus produced, the function of taste is at its best and the food is *always* delicious, and eating becomes what it ought to be—a fine art and a delight. No matter how plain and simple the meal may be, it is always good and satisfies completely. The call of Natural Hunger is not attended by any of the symptoms of appetite, such as faintness, emptiness, all-goneness, craving, gnawing, etc., etc., but is a sensation that food would taste deliciously, and it does. There is no call for particular things; for highly seasoned foods, which is the case with appetite; but the call is for nourishment and for the best, and this comes from the best of Nature's foods. Hunger does not call for one to eat in a hurry; but to quietly and slowly partake of the food; thus getting the most intense enjoyment from this God-given law.

Having thus obeyed this important law

of Nature, we should wait for its return before eating again, and should make this the invariable rule of our lives. This brings us out of the bondage of appetite into the freedom of hunger, and we find that we are beginning to learn that we were made to be free from care, anxiety, fear, worry and disease; and the lesson is a blessed one to learn. We come to see that man was designed to have health and not disease; that health and life are his normal conditions; disease and death are the abnormal; that we have perfect digestion when we are obedient to the law of natural hunger; and perfect digestion makes pure blood and *pure blood is Perfect Health.*

An incident in my early experience in living under "The New Gospel of Health" will illustrate how quickly after accepting it one will begin to rebuild his body. A few days before adopting "The True Science of Living," I had my razor honed by a barber, but it did not seem to cut any better than before, and I thought that per-

haps the barber had failed to hone it and that I would take it back to him, but I neglected to do so. In about two weeks after beginning to live in the right way, my razor commenced to cut better and continued to improve. For a time the cause of the improvement was a puzzle to me, but I soon saw that there was a scientific reason for it; that the pure blood which my digestive apparatus was making was strengthening and compacting all the atoms of the body, and in consequence of that, the skin was holding the beard in a firmer grasp, and this would make it cut more easily than it would when held loosely by the skin which had been fed by impure blood.

Let us for a moment see what takes place when one eats in the early morning. He has appetite, and feels that he must eat to satisfy that and stop the faintness which is always the symptom of an overworked stomach. Appetite is strong and he eats a hearty meal, which he can do, for the stomach is perhaps entirely empty. He

crowds it down in haste, not half masticating it, and helps it down by drinking freely. The "churning process," called the peristaltic motion, commences in the stomach, but the glands do not throw any gastric juice into the stomach to consume the food. Consequently the "churning process" goes on two or three times as long as it would under the law of hunger, exhausting the muscles by the hard work. Finally fermentation takes place, then decay, which is food-disease. The nerve power is taxed to work this decayed mass through the stomach, for it must go through, and this poison is taken up into the blood, making it impure, and goes through the entire system. It is deposited in the weakest part of the body, where there is the least resistance to it. This is disease, and the *only* disease man has. It is simply *food-poisoning*.

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To show that the truth of "No-Breakfast" has been dawning on some minds for many years, I quote from "The In-

tellectual Life," by Philip Gilbert Hamerton, published about twenty years ago

"All who need to keep their minds in the best possible condition ought to have resolution enough to regulate their living in a manner which experience, in their case, proves to be most favorable. Whatever may be the authority of custom, a wise man makes himself independent of usages which are impediments to his best activity. I know an author who was always unwell about 11 o'clock in the morning; so unwell that he could do nothing but lament his miserable fate.

"Knowing by experience the powerful influence of regimen, I inquired whether he enjoyed his breakfast. No, he didn't. Then why did he attempt to eat any breakfast? It turned out that this foolish man swallowed every morning two cups of bad coffee and a quantity of greasy food, from a patriotic deference to the customs of his country. He was persuaded to abandon this unsuitable habit, and to eat nothing until half-past



ten, when his adviser prescribed a well cooked little lunch. The effect was magical. My friend felt light and cheerful before lunch, and worked quite happily and well, whilst after lunch he felt like a horse that had eaten his corn. Nor was the good effect a transitory one; the bad symptoms never returned, and he still adheres to his new arrangement.

“This little reform made a wretched existence happy, and has had for its result an increased production with a diminution of fatigue.

“The explanation is that the stomach did not ask for the early breakfast, and had a hard fight to overcome it, after which came exhaustion and a distaste both for food and work.”

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This truth of non-breakfast is not a new thing under the sun, but it is the re-discovery of a truth that has been lost—one of the lost arts.

The Greeks, when they ruled the world and produced the bodies that have always been and are now the models of the artists, ate but two meals a day; the first one at mid-day. This is recorded in history.

The Persians, when they were at the zenith of their power and glory, ate but one meal a day and that at noon. The following quotation from a history used in our higher schools of learning is proof of this statement.—“Ancient History,” for Colleges and High Schools, by P. V. N. Myers.

“PROVISIONING OF THE PERSIAN ARMY.  
—From the Plain of Doriscus the Persian army moved on towards the Pass Thermopylae. The cities along the route had been ordered to prepare repasts for the army as it advanced and to furnish special delicacies for the royal table. The people, through policy, or fear, made extraordinary efforts to entertain in a becoming manner their self-imposed guest, and to feed his soldiers. Herodotus affirms, and there seems no reason to doubt his statement, that some

of the towns were driven to distraction, and others to the very verge of ruin. The people, however, notwithstanding their perplexity and distress, found occasion to thank the Gods because Xerxes, according to the Persian custom, required *but one meal a day*. 'Had the monarch required breakfast as well as dinner, says Herodotus, the citizens must have been reduced to the alternative either of exile or of utter destitution.' "

The beginning of the downfall of Greece and Persia dates from the time when they departed from this simplicity in their living and started on the direct road to destruction through gluttony.

"One meal a day plan, taken at noon, was successfully practised by some eighty millions of people of the healthiest, wealthiest and most intelligent nations of antiquity for nearly a thousand years."

"Health Culture."

A wise man in the fifteenth century said, "One meal a day is the life of an angel,

two meals a day is the life a man, three meals a day is the life of a beast."

"Woe unto thee oh land \* \* \* \* when thy princes *eat* in the *morning*. Happy art thou oh land \* \* \* \* when thy princes eat in due season for strength and not for gratification." Eccl. 10 ; 16-17.

## CHAPTER IV.

### THE SCIENCE OF PERFECT HEALTH—THE BODY.—*Continued.*

*When* to Eat.                      *How* to Eat.

*What* to Eat.

These are the three essential things to observe and study as to eating, and are given in the order of their importance. In the previous chapter we showed scientifically *When* to eat. If we observe carefully and strictly the second rule, *How* to eat, but eat when the stomach cannot perfectly digest the food, we cannot have perfect digestion and we make impure blood which is disease. If we eat the most nourishing foods and eat in the proper manner, but eat when the stomach is not thoroughly prepared to digest it, then we have imperfect digestion and disease. *When* to eat—is then the first and most important law to keep in mind and obey. *How* to eat—is next in import-

ance. The process of digestion commences in the mouth. It is, therefore, important that we make a right beginning, for if we do not commence aright, we shall not be right in any part of the process. It is essential to the best digestion that the food, every atom of it, should be thoroughly mixed with the saliva in the mouth, and when one has natural hunger the saliva flows into the mouth very copiously.

We should eat very slowly, masticating every mouthful of food as long as there is any taste in it. Taste is a separate function from hunger, and the whole pleasure in eating is in the taste. It is the sentinel to guard the stomach. It is an unerring guide as to what we should eat and protects us from improper food. Food which is not pleasant to the taste will not give us any nourishment.

The nourishment is extracted from the food through the taste. We usually swallow the food before the nourishment is half extracted from it by taste, and so rob our-

selves of half the pleasure of eating ; and the food goes into the stomach only partially masticated, not properly mixed with the saliva, and consequently not prepared for the stomach to do properly its work of digestion. A burden is thus put upon the stomach which does not belong to it, and being overtaxed it performs its work imperfectly and impure blood, which is disease, is the result.

If the work in the mouth is properly performed so that the food passes into the stomach thoroughly prepared for that organ to commence its legitimate work, and if it goes in *when* the stomach is ready to do its work at its best, then there will be perfect digestion and pure blood will be the result, and *pure blood* is Perfect Health. Horace Fletcher has written an excellent book on taste entitled "What Sense? or Economic Nutrition." The reader will find it a very helpful book on that subject.

The least important of our three rules for eating is "*What* to eat," but man has made

it the most important. It has been made an idol; almost a god. It has been given such an important place in the mind of man that it has made us a race of gluttons, and gluttony is a worse sin than drunkenness, for it is the parent of drunkenness. "*What to eat*" is, however, very important in its proper place, and in order to get and keep Perfect Health we cannot lay too much stress upon it or be too particular in regard to it.

We should eat the food that contains the most nourishment with the least waste, so that the digestive organs shall not be unduly taxed. Nature has provided a natural food for man and it is in the vegetable kindom. God said: "Behold, I have given you every herb yielding seed, which is upon the face of all the earth, and every tree in which is the fruit of a tree yielding seed; to you it shall be for meat."

There are three kingdoms in the physical world; the animal, the vegetable and the mineral. Aside from the air and the sunshine each kingdom draws its nourishment



from the kingdom below itself. The vegetable draws its nourishment from the mineral and the animal draws it, or should draw it, from the vegetable. This is Nature's scientific law and when properly observed with the other two rules for eating, (When to Eat and How to Eat) the best and purest blood is produced. The animals who live on the vegetable kingdom, such as the elephant, the camel, the ox and the horse have the greatest endurance as well as the best dispositions, and the same is true of man, for man as a physical being is an animal, and it was designed by the Almighty that his food should come from the vegetable kingdom, and abundant provision was made in almost infinite variety that there might be no lack in man's enjoyment in eating.

Animal food is not then man's natural and best food. Man is the result of God's highest wisdom; the crown and glory of His creation; the highest manifestation of His love and power. Man's body is the temple in which God, himself dwells.

“Know ye not that your bodies are the temple of the Holy Spirit.” How important then that we keep the temple pure and sweet and strong and attractive and lovely and full of health. We cannot do this unless we feed it on the food that Nature had designed for it—the luscious fruits and nuts, grains and vegetables that He has given for man’s delectation in such wonderful abundance.

Meat eating is unscientific. Nothing can come out of the meat as nourishment that has not been taken into it from the food eaten by the animal, for nothing can come out that has not gone in. The animal eats the vegetable and takes the best of the nourishment for his own life, leaving the waste matter with what little nourishment there may be in it; so that in eating the meat we are only getting the vegetable second hand. How much better to take the vegetable first hand in its natural luscious and juicy state, full of nourishment and life just as it was designed by God for us. Eating animal food

is like buying a worn-out suit of clothes, and paying a larger price for it than for a new suit, expecting to get a better service from it than we would get from a new suit. It cannot be done. It is unscientific. It is contrary to Nature's laws.

The vegetable kingdom furnishes in abundant supply the proper and natural food for man that the temple may be kept pure and in Perfect Health. The command is—"Keep thyself pure."

There are manufacturers of health foods who have investigated this subject thoroughly and scientifically, and are manufacturing the best and purest and most nourishing vegetable foods for the human body. Some of these whose productions we have tested are noted in the appendix, and we heartily recommend them to our readers.

There are other reasons why the flesh of animals is not man's natural food. The animal body is built from a single minute cell which contains the germ of life. This building goes on unceasingly. The cell

does its work in the body, giving its life to the organism, then gives way for new cells to bring in their life, the old cells being continuously thrown out of the body. This cell change goes on perpetually in life. The instant life is taken from the animal, this cell change ceases, and a large proportion of the flesh consists of this dead matter and is what causes corruption to take place the instant life has left the body. In eating animal flesh we take into our systems this dead matter, making a great tax on the digestive organs to dispose of it.

We must also take into account that a large proportion of the animals slaughtered are diseased. It is given as an estimate that more than three-fourths of the animals that are slaughtered are more or less diseased, and this disease is communicated to our bodies to work death in us.

Another consideration against meat eating is that the man who slaughters animals is injured by being hardened in his moral nature, and loses that fine sense of the sacredness of

life. It is also said that all the murders that have been committed in Chicago with the knife have been traced to men who have been connected as butchers with the great slaughter establishments of that city. This shows how degrading and debasing and hardening to the finer senses of humanity is the custom of slaying animals simply to gratify the abnormal sense, *appetite*. "Thou shalt not kill" does not apply to killing men and women only, but applies to all God's sentient creatures.

The next important thing I shall mention in connection with the body for Perfect Health is *when* and *what* to drink. *We should not drink while eating*. Drinking during meals prevents perfect mastication by washing the food out of the mouth before the taste has extracted all the nourishment from the food. The liquid takes the place of the saliva and going into the stomach dilutes the gastric juice and thus weakens the digestive power in that organ. One should not drink within a half hour of

eating and from one to two hours after eating, and one should drink only when thirsty. Natural thirst which is in the mouth is Nature's call for drink, and one should never drink at any other time. When one is thirsty nothing is so delicious as pure cold water. That is Nature's drink and one may drink all that he wants with no bad effects. I have given Nature's law *when* to drink and *what* to drink. I have proved it in my own experience. "Prove all things; hold fast that which is good."

#### CHEERFULNESS.

Some time ago I went to visit a friend who was inclined to be melancholy. He is one of God's true noblemen and yet afflicted at times with that form of disease which is so commonly styled "the blues." On my way to his beautiful summer home, I was impressed that if I would do him the most good, I must carry a smile on my face all the time I should be with him. I did this and then the thought came to me that I should do it always; that it was healthful

and one of the means to be used in bringing one's self back to youth. This proved to be a most valuable lesson to me and has been very helpful in building into Perfect Health. The highest cheer of mind is essential to perfect digestion.

#### BATHING.

Frequent bathing of the body is necessary to Perfect Health. We must keep the outside of the body clean and pure as well as the inside, and, in order to do this, we must be intelligent as to proper bathing. The skin must be kept in a healthy condition so that it may do its important work perfectly. It is well for one to study the subject of baths and bathing, and there are many good authorities on Turkish, Roman, Electric, Sun and Air baths that one may study with profit. One of the best and oldest establishments for these baths is that of Dr. Charles H. Shepard, 81 Columbia Heights, Brooklyn, N. Y.

I have found daily cold water bathing very beneficial. It is a good plan on rising

in the morning to give the whole body a hand bath without the use of soap, except on parts of the body where it is necessary for cleanliness. For bathing purposes we should use only the purest soap made from vegetable oils. Plunge the feet into the water the last thing. Rub briskly the whole body with a coarse towel. One can go through the whole exercise in about ten minutes, and it gives a delightful glow to the body and is one of the luxuries of life. If one commences this bathing exercise in warm weather he becomes accustomed to it, so that he can practice it through the coldest weather without inconvenience, and will find it very helpful in getting Perfect Health.

#### DEEP BREATHING.

The function of breathing is one of the most important of the body, and the most strict attention should be given to it.

“And the Lord God formed man of the dust of the ground and breathed into his nostrils the breath of life, and man became a living soul.”



We should daily take into our bodies through our lungs fifteen thousand cubic inches of pure air, and through the skin three thousand cubic inches. Unless the skin is kept in a healthy condition, (the pores open and clear) it will not do its full work and we shall come short of Perfect Health. After the bath and before dressing one should take exercises in deep breathing for ten or fifteen minutes. A good exercise is to stand erect, square upon the feet with arms by the side, head up, shoulders back and eyes directed upward. Inhale slowly, raising the arms at the same time until the hands meet above the head; then slowly exhale, at the same time dropping the arms gradually to the sides. Do this twenty-five times, inhaling each time as much as possible and exhaling slowly. Then put the left foot forward leaving the weight of the body on the right foot. In that position go through the exercise twenty-five times; then bearing the weight of the body on the left foot, do it twenty-five times more. One may commence the exercise by doing it at

first ten times, then fifteen, after a little twenty, then twenty-five times. During this exercise keep the thought continually in mind that you are drawing in health and life with each breath. There are many other deep breathing exercises that one can learn that will be helpful. There are valuable books on breathing that can be readily obtained that will be helpful.

#### CLOTHING.

The matter of clothing should also claim our attention. Most people dress too heavily. In order for the skin to do its work of breathing properly there should be as little clothing between it and the atmosphere as possible, and at the same time keep the body at the right temperature. The more porous the clothing, the better it will be, and it should be loose on all parts of the body that there may be no hindrance to proper breathing for both lungs and skin. In my opinion from my own experience, linen underwear is the most healthful. The thickness of the clothing should be as uni-

form as possible over all parts of the body, except the part containing the vital organs. Over that part the clothing should be somewhat heavier.

When one has acquired a taste for health and realizes a touch of new life he will go on unto perfection. Light will come to him as he needs it, and he has only to take it, for the truth is as free as the air and the sunshine. "All things are yours."

## CHAPTER V.

### THE SCIENCE OF PERFECT HEALTH—THE MIND OR SOUL.

A DOVE is wounded in both wings. He cannot fly in his native air and is a prisoner on the earth. Gradually one wing heals and he tries to fly, but his efforts and struggles are all in vain ; it is impossible. Slowly the other wing heals, and one beautiful morning, with both wings in a sound condition, he mounts easily and naturally towards Heaven. He is no longer in bondage on the earth ; he is free to go and come at his will. Man, being Spirit, soul (or mind) and body is like this dove. His mind, the right wing, is wounded (diseased) and his left wing, the body, is in the same unsound condition. His Spirit containing the life, represented by the body of the dove, is in bondage ; a prisoner struggling continually to be free that it may fly in its native Heavenly at-

mosphere. Disease is in the mind, but it comes through the body, and is manifested in the body, so that both mind and body are diseased, and both must be made whole before we can have Perfect Health.

In the preceding chapters I have told how to get health for the body and how to keep it, but we cannot have Perfect Health until we have *a sound mind in a sound body*. How shall we heal our wounded, diseased minds? I can only tell you how to do this by giving my own experience—telling how it came to me.

Two years under "The True Science of Living" passed and blessed years they were. Then came the greatest crisis of my life—a financial storm that swept everything away. In a business experience of thirty years, I had earned and accumulated a small fortune besides educating my children. Through false representations large investments were made that resulted in heavy losses. Hard times in the business world came on, collections could not be made, and creditors

crowded. I had gone through other business crises and weathered the storms. I hoped by hard work to do the same this time, and so threw all my strength of mind and body for months into the effort ; not sparing myself at any point, working day and night ; my mind full of fear, anxiety, worry and foreboding ; of themselves devils enough to bring the most serious disasters. All my life in the past I had been able to meet every obligation and had paid in full every debt. Not to be able to continue to do this was to my mind intolerable. I could stand the loss of property, but not to meet my obligations would cause me to be misunderstood, misjudged, my character assailed and my reputation ruined ; friends would turn against me and forsake me.

With fortune gone, reputation gone, friends gone ; under these circumstances, at my age, could I expect to rebuild and win an honorable place in the business world again ? I must not fail ; I must meet the storm and overcome it. With desperation I

worked to prevent the catastrophe, but without avail. The storm was too severe ; the crisis came and with it ruin and everything that I had *feared*. "The thing I *greatly feared* had come to me." I had exhausted my strength both of body and mind in the long effort to save myself and my position in the business world, and I was defeated. "He that will save his life shall lose it." I was on the brink of the grave ; there was but a slender thread that bound me to life ; if that should snap all was gone. For a time life and death seemed to balance evenly in the scales. I was in the distress and darkness of Gethsemane and before me was the cross. It did not seem possible that my mind could stand the awful strain that was upon it, but through "The New Gospel of Health" and two good angels who stood faithfully by me, I was enabled to weather the storm, and to come out into *peace, life* and *safety*, and to have Perfect Health of body and Perfect Health of mind, which is "The Kingdom of God within you."

This condition did not come in an instant; it was gradual. It has been a building process. "A little here and a little there; line upon line; precept upon precept;" a little lesson to-day and another to-morrow. All my life, errors had been taken into my mind and held as truths. These must gradually go out and their places filled with Truth. This was by no means an easy process. Many things that I had held in my mind all my life as fundamental were shown to me to be errors and must be cast out. They had a strong hold and it was almost like taking my life to get rid of them, but go they must if I would have Perfect Health, and for that I had set my face as a flint; and having put my hand to the plough nothing in the universe could turn me from my purpose. Penniless I started out into the world again, beginning where I had begun thirty years before, taking up the thread that first came to my mind as light, not knowing where it would lead me.

Adhering strictly to "The True Science



of Living," I gained slowly in body and mind. During the forenoons I could work very comfortably and freely, but after eating dinner there would be some depression of the mind which made me almost dread to eat. I had not then learned that the digestive power is in the brain, and that the stomach is only the machine for doing the work at the command of the mind, and that during the active process of digestion the stomach should have the right of way for at least an hour after eating, and that I should not do any work that might interfere with the important process of digestion.

One day after eating and suffering with a slight depression, these words came to my mind as an inspiration from above: "*Lift up your heads* oh ye gates and be ye lifted up ye everlasting doors and the king of glory shall come in." Like a flash of lightning I saw the truth. By an actual effort I saw that I had the power to keep my mind lifted up, the same as I had power to lift up my eyes or the muscles of my forehead, and

I said never again shall my mind look downward, for that causes depression and depression impairs digestion and leads to disease and death.

*Lifting the mind up* is exaltation and tends to health and life. *The highest cheer of mind is essential to perfect digestion.* In this truth is found the law in physical science of contraction and expansion. The mind cast downward contracts the physical atoms and depression, disease and finally death results. The mind constantly *lifted up* and *looking upward*, the head elevated, a smile within and expressed without, expands the physical atoms of the body and brings health, happiness, life and Heaven. The spaces between the physical atoms of our bodies are filled with a finer matter and this finer matter is Spirit. When we look downward the physical atoms are drawn together and contract the Spiritual atoms, causing depression; our digestive power is diminished and impure blood is the result which is disease.

When our minds are *lifted up* and we *look upward*, the physical atoms of our bodies are expanded and opened and the Spiritual atoms are enlarged, ("Be ye also enlarged") our digestive power is increased and purer blood is produced. There is an improvement in health and strength, an increase in life and this process goes on until all the impure blood is replaced by pure, and all the diseased tissues are replaced by those of health and we make only pure blood. We then have Perfect Health, and by living according to this perfect, divine law of our being we keep in Perfect Health. This is what the Apostle Paul meant when he said: "There *is* a natural body and there *is* a Spiritual body." This is what the Christ meant when He said: "And I, if I be *lifted up* from the earth, will draw all men unto me." "And as Moses *lifted up* the serpent in the wilderness; even so must the Son of Man be *lifted up*, that whosoever believeth may in Him *have* (here and now) Eternal Life." "*Look* unto me and be ye saved all the ends of the earth." This discovery or

revelation to my mind of the blessed truth of *lifting up* and *looking up* was the turning point in my life for the health of the mind. It was by no means, at first, an easy thing to do. To *lift up* and *look up* on all occasions and under all circumstances meant constant watchfulness and effort, but it all can be done. "He that overcometh shall inherit all things."

The wrong habits of a lifetime cannot be overcome by a single effort or many efforts. There was a constant warfare at first, for the lower self was pulling downward with the mighty strength acquired by years of practice in the downward tendency, increased by all the wrong teaching of error in a lifetime. But I had seen the vision of life and it was clear, and the highest self—the Spirit—had started for its rightful place of dominion, and it would never give back until it had reached the throne of my being ("the secret place of the Most High") and was Lord of all. No matter what might stand in the way or how many devils there might

be in opposition ; the Spirit must be the victor.

At first it required constant watchfulness, for the drawing and tendency were downward, but at the first downward tendency, the higher self said : “ *Lift up and look up,*” and at once the enemy was vanquished and there was victory. At every fresh victory the enemy (the lower self) was crowded down a little more toward his proper and rightful place, until at last a complete victory was won, and I was in Perfect Health of mind and Perfect Health of body, which is Eternal Life. My two wings (mind and body) were in health and I was *free* and could fly in God’s pure atmosphere. “When He, the Spirit of Truth, is come He shall guide you into all the truth, and ye shall know the *Truth* and the *Truth* shall make you *free*.” “If, therefore, the Son (Truth) shall make you free, ye shall be *free* indeed.” “Even the youths shall faint and be weary and the young men utterly fall, but they (whatever their age) that wait

upon the Lord shall *renew* (make new) their strength (youth); *they shall mount up with wings as eagles.*" To "Wait upon the Lord" is to obey every spiritual, mental and physical law; it is the way of Obedience, and that will bring Perfect Health. We all may know these laws and we all can obey them, for the Spirit of Truth, when He is come to His rightful place of authority, will guide us into *all Truth* for Spirit, mind and body, and we shall be *well* and *free* and have the Abundant Life that the Christ came to give to *all*. He sums up His whole mission and Gospel in these words:—"I came that they may *have* Life and that they may *have* it abundantly." He is the Way, the Truth and the Life. "He that believeth on me, (is conscious of my presence) the works that I do shall He do also, and greater works than these shall he do." This is our promise; this is our privilege; this is our birth-right; this is our inheritance.

Jesus never had a sick hour because he obeyed every hygienic law for body and

mind. It was prophesied of Him:—"Thou madest known unto me the *ways of life*." God is no respecter of persons. He will make known to us the same laws of life if we will only follow Him obediently step by step as did the Christ. Perfect Health comes through obedience to all the laws of our being, Spiritual, mental and physical. We have Perfect Health when all the organs of the body and all the organs of the mind are at ease and in harmony, any departure from these conditions is dis-ease. The children of Israel in their forty years' journey in the wilderness, when God fed them Himself, never ate the early breakfast. God is the same to-day as He was then, and we are of the same human race that they were, so that the same manner of living will do for us what it did for them. "There was not one sick person among them."

Jesus never ate except when hungry. He never ate the early morning meal that we call breakfast. We all *can follow* his example and have the same blessed results in our

lives that were in His, for He had nothing that is not promised to all who will obey. "Ye *will not* come to me that ye *may have* life." "Come unto me all ye that labor and are heavy laden (with dis-ease) and I will give you *rest*" (restoration to health). Come, *obey* and have Perfect Health of the whole man, Spirit, mind and body, which is holiness (wholeness).



## CHAPTER VI.

### THINKING.

“AS a man thinketh *in his heart*, so is he.” When we have caught the vision of Lifting Up and Looking Up, a revolution will commence in our manner of thinking. We shall begin to discover the errors in our minds, for “the eyes of our understanding will be opened,” and we shall discern between good and evil thoughts. We shall see that sin and its result, dis-ease, are in the mind, but come through the senses of the body and are manifested through the body. Making this discovery we shall at once commence to purify all the chambers of our minds by right and pure thinking. All erroneous thoughts and impure thinking will be banished, for the pure and impure cannot dwell together. Two things cannot occupy the same space at the same time. The Spirit of Truth and Purity and

Love and Life has come and before that infinite light the darkness (ignorance) of impurity vanishes into nothingness and we begin to build within ourselves a new thought world.

We begin first to have a right concept of God and to have right thoughts of Him and His laws and His truth. This is the foundation, the beginning of all right thinking and true knowledge which is the Rock. We think of Him as He is: Omnipotent, (having all power) Omniscient, (having all knowledge) and Omnipresent (being everywhere present). This is the foundation of all truth, "and other foundation can no man lay than that is laid." From this solid and unchangeable foundation of truth, the Rock of Ages, on which we stand, we go on into the realm of *all* truth without fear, for we have perfect love, and "perfect love casteth out all fear."

Our first right thought then is that there is but *one* God, the Father of us all and the maker of all things. All other gods we cast

out and we see and know the *one true, living God*, who is over all and who is in all and who is Love. "In Him we live and move and have our being." He is our Father and we are His children and in His bosom of love we may forever rest and have perfect peace. "Thou wilt keep him in *perfect peace* (Perfect Health) whose mind is staid on Thee, (the Spirit) because he trusteth in Thee."

Our second thought is of the universe; that it is *one*, a unit, made by God and that we are a part of that universe and inseparable from it; that every atom of this universe has been made by infinite intelligence which is God and that it is imperishable and eternal because made by Him.

Our next thought is that all life is *one* and the same, and is from God and is God, for God is Life. The same life that is in man is in the animal and in the vegetable worlds and also in the mineral world; all one and the same life, only different in degree and manifestation. "Life sleeps in

the mineral, breathes in the vegetable, dreams in the animal and comes to consciousness in man." There is, therefore, *only one life*, and that is Eternal Life because it is from the Eternal God, who is Life, and that Life will continue all through eternity one and the same. It is endless. How plain and simple the realm of truth becomes when we get upon the one only sure foundation—God—, and the Spirit of Truth becomes our teacher. As very appropriate in connection with this thought, I give here a creed by Dr. J. Gilbert Murray.

"MY CREED."

"I believe in my heart that there is but one life, which is God. I believe that life to be love, pure, incorruptible, impersonal, unlimited. I believe that life to be the containment of all that is—that it is more of good that I can ask or think.

"I believe that it is as steadfast as principle, as changeless as truth, the "purer-out" of all good, the conservation of

energy, the sum of all power, the centre and circumference of intelligence, the manifestation of wisdom ; that it is sinless, diseaseless deathless and can never change into or bring forth poverty, want or misery, sin, sickness or death.

“ I now realize this Eternal Life, enjoy Heaven within—having made at-one-ment—and know God’s will is done.”

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Our next thought is concerning the fact of sin. For forty years I wrestled with this awful problem to get a clear idea concerning it, but in vain, until the Spirit of Truth came, who guides into all truth. I read much on the subject ; I listened to many teachers ; but the awful fact still remained in impenetrable darkness to my mind. Not a single ray of light broke in. The Truth came, and one day I saw the light and I saw that *Sin* is *one*, a unit ; that there is but *one* sin in the world ; that what we have been in the habit of calling sins are only manifestations of the one terrible enemy

within us—*Sin*. Sin is a condition and act of the mind, not of the body.

I found in the Bible that “Sin is *the* transgression of *the* law.” From these words the light began to dawn on my mind and I saw that sin is but *one* thing, *one* transgression of *only one* law. It must be one supreme law and include all other laws, according to the scientific rule of the greater including the less. Could *I* know that law? Yes, for the Spirit of Truth, when He is come to His rightful place of authority, shall guide you into *all* truth. The Truth revealed to me through the Apostle Paul what that *supreme law* is which includes all other moral laws. “And the very God of Peace Himself sanctify you wholly and may your Spirit and soul (mind) and body be preserved entire without blame at the coming of our Lord Jesus Christ.” Here I saw God’s perfect law for man.—

MAN	{	SPIRIT	}	WHOLE
		SOUL		
		body		

This is the perfect order or law in which God has made man. His highest self, the Spirit, is given the first place above and over all, the place of authority and dominion, to rule over all. His higher self, the mind, is below the Spirit, drawing its strength and intelligence and wisdom and Life from the infinite and inexhaustible source above it—the Spirit. The lowest self, the body, is below the soul, drawing its strength and life from the soul (mind,) which has received its life from the Spirit for the purpose of communicating it to the body. The man then in his rightful order as God has made him is:—SPIRIT, MIND AND BODY; the mind and body under the Spirit to be controlled and ruled by it, and his mind to draw life from the Spirit continuously, for the *renewal* of his *strength* and *life*. The Life—God—is in the Spirit, for God is Spirit, Infinite, Omnipotent, (*all* power) Omniscient, (*all* knowledge) Omnipresent, (*everywhere* present).

This is God's order or law for man. In this order all is harmony (heaven); all is

perfect peace. There is no fret, no anxiety, no worry, no fear, no dis-ease, for we are in God and God is in us. *God is all and in all* and we are living according to the perfect law of our Being. "Ye shall be perfect as your Father who is in Heaven (in you) is perfect." This is Eternal Life. "He that believeth on the Son (is conscious of his presence) *hath* Eternal Life." This law or order, *Spirit, mind and body*, man has transgressed. He has reversed God's order and has turned himself *upside down* and made the order or law:—

$$\text{MAN} \left\{ \begin{array}{c} \text{body} \\ \text{SOUL} \\ \text{SPIRIT} \end{array} \right\} \text{SIN}$$

This is the exact opposite of God's perfect law, the lowest (the body) given the place of the highest—the Spirit, the Life.

The five lowest senses, seeing, smelling, hearing, tasting and feeling which make up the body, "the flesh," are put in the place of power, authority and dominion over the higher and the highest self; the least un-



dertakes to contain and to rule over the greater and the greatest. This is scientifically impossible and only failure, awful and terrible, can be the end. This is *Sin* and the results of sin are *dis-ease* and *death*. The mind which is the connecting link between the Spirit (God) and the body is in the same place as before in the perfect order, but it now draws its existence—not life—from the body, the five lowest senses which make the outer material world of form—the temporary, that which is continually changing. The mind exists on what the lowest senses see, hear, feel, smell and taste and there is no life in them. The things that are seen are temporary; while the things that are unseen (within) are eternal; they are changeless. If we exist on the temporary, we must die; if we draw life from the Spirit within, we shall live. God's order or law for man is *Spirit, mind and body*. This is holiness (wholeness) which is Perfect Health. Man has reversed this law and made it

body      In this reversed order of man's be-  
 MIND            ing there is terrible disorder  
 SPIRIT        and woeful confusion. The  
 sinful law of Competition is introduced in-  
 to man's being. The Spirit, the highest  
 self, is struggling to get its rightful place of  
 authority and dominion. The body, the  
 lowest self, is struggling to control the  
 higher and the highest. This is the law of  
 competition in the individual man and it is  
 carried out to its logical end of destruction  
 in the social system. There is no possibil-  
 ity of reforming it, for it is wholly and  
 radically wrong from the foundation, and  
 man can only be made right by being  
*turned right side up* and the order made as  
 at the first by God:—

SPIRIT      Then all disorder and confusion  
 MIND            ceases, and all is harmony,  
 body            for each part is in its own  
 place. The law of competition ceases be-  
 cause the cause of which it is the result has  
 been removed, and the blessed law of Co-  
 operation—Love—takes its place. This is

" The Kingdom of God " *within* you ; this is the beginning of the *New Age* when the lion and the lamb shall lie down together. What we call sins are only the outward manifestations in the body, of Sin which is within the mind and which makes the man all wrong, for he is *wrong side up* ; the lowest at the top ; the highest at the bottom. The body is out of place. It is in the place of the Spirit. When anything is out of place it is *lost* ; not out of existence, but out of place. God made man *Spirit, soul and body* and man is good because made by God, the Supreme Good. The man turned *up-side down* is the same man, but *lost*. The Christ came to save that which was *lost*. " For as in Adam, all died " (were turned wrong side up ) ; " so in Christ *shall all* be made alive " (turned right side up). Sin then is in the mind, but it comes through the body and it manifests itself in the body to the world, when man is *wrong side up*. The fruit of this sin-life is " Adultery, fornication, uncleanness, lasciviousness,

idolatry, hatred, variance, emulation, revelings and such like." The mind is full of disease and we see its manifestations through the body in all these ways mentioned and in many others.

Holiness (wholeness) is also in the mind, and it comes through the body and manifests itself in the outer material world of form when the man is *right side up*. Then the man is all All Right. He is holy (whole); he is in Perfect Health. The fruit of this WHOLE LIFE is "Love, joy, peace, long-suffering, gentleness, goodness, faithfulness, meekness, Self-Control." This is what the Apostle Paul meant when he said: "I keep my body *under* and bring it into subjection." The Apostle realized the fact that his only danger of falling from holiness (wholeness) was through the body, allowing it to get into the wrong place—in the place of the Spirit.

The four great fundamental facts then that we have to deal with in our thinking are God, the Universe, Life and Sin. Wrong

thinking concerning these great facts results in dis-ease and death. Right thinking concerning these four fundamental facts results in Perfect Health and Eternal Life.

## CHAPTER VII.

### CONCLUSION.

I HAVE not in these chapters given an impossible Ideal. I have written only what I have experienced in my own life. I know that what is possible for one person is possible for all, for all have the same power *within* and that is the Almighty power of God and it is given to all, for God is no respecter of persons. "He giveth to *all* men liberally."

My experience has been so wide and varied that I have great sympathy for suffering humanity. There is hardly an experience common to humanity that I have not felt or passed through. I know what it is to be poor in material things, for I was born in humble circumstances. I know what it is to have the most cherished plans of early manhood thwarted, and courses for life, which seemed to me essential to success,

all defeated and all my life plans entirely changed. I know the anguish of having a beautiful beloved wife stricken down suddenly by disease, then linger for years between life and death, with hope and despair alternating in the mind's balances, with hope finally raised almost to certainty, only to be dashed in a single moment by the unfeeling enemy—death. I know what the sorrow is in parting with a beautiful, promising child that disease and death snatched away. I know what it is to have a fortune and to enjoy it to the full. I know by hard experience what it is to be stripped of every penny of that fortune and to be left in debt with no ability to pay the debts. I know what it is to have character—that which is dearer to one than life—attacked with all the malignity of hell. I know what it means to lose reputation. I know the terrible loneliness and the exquisite horror of realizing that many whom I had considered as friends have failed and turned away in the midst of life's greatest trial and disaster. I know what it is to be

racked in body and mind with pain until it seemed that life was only held by a thread and that I was going through "the valley of the shadow of death." I know something of the anguish of the Saviour in Gethsemane and on the cross when He cried "My God! My God! Why hast thou forsaken me." I know something of the darkness of the grave. Thanks be unto our Father, I also know and have the realization and the glory of the Resurrection Life, and this pays a thousand fold for all the suffering endured. There is in this Life, joy unspeakable and full of glory. There is then the realization of the Abundant, Eternal Life—Perfect Health—*here and now*.

If the reader of these pages should find in them the way into health, happiness and Life, I shall rejoice with him. Remember the steps! They are clear and definite.

First.—Give up forever the unscientific, disease-producing habit of eating the early morning meal — the breakfast — this will



conquer appetite and restore the natural law of hunger.

Second.—Never under any circumstances eat except at the call of that blessed law of Nature—Natural Hunger.

Third.—Enjoy to the full every mouthful of food as long as any taste remains in it.

Fourth.—Do not drink any liquids with your meals.

This is true, scientific living—"The New Gospel of Health—"; the first step; the foundation for building your body and mind into Perfect Health, and Perpetual Youth. This is the door into the vestibule of the great Spiritual temple in which we may continually dwell.

Having taken the first step and started in the way of health and life, new light will come as you need it, and you will walk on, increasing continually in strength and vigor of mind and body, until you come to the place where you will say with me: "I have Perfect Health," which is:—

HEAVEN.

## APPENDIX.

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This "True Science of Living" has been made known in every division of the globe. The evidence of the large number of cases who have adopted it is such as to satisfy the exact scientist as well as the critical mind.

The following letters are samples of what physicians say :—

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NEW YORK, Sept. 18, 1900.

MY DEAR MR. HASKELL :—

Your favor of September 11th came duly to hand, and I was glad to learn from it that you were writing such a book as indicated by its title. I am sure that it must do much good.

It is now more than five years since I first knew of the "New Gospel of Health." During all that time I have followed its teachings with benefit to myself and to many others to whom I have preached it.

*In fact I have yet to meet a case in the treatment of which it has not proved helpful.*

The many who have read, being brought from darkness to light, are rejoicing in realization of its health-giving power.

*I am more than ever convinced that its power to heal has no limit.* Every one who has tried it, understandingly, has enthusiastically rejoiced in it, and communicated it to others.

I congratulate you upon the good work you have carried forward during these years, and believe with you that many could be saved if they knew of the "New Gospel."

Wishing you continued health and strength, and success in your good work of spreading the glad tidings of "The New Gospel," I am, firm in the faith, Sincerely yours,

JOSEPH F. LAND, M. D.,

No. 130 West 126th St., N. Y.

Dr. Land has ordered a large number of Dr. Dewey's books for his patients.

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#### FORTY YEARS A DYSPEPTIC.

NEW YORK CITY, Nov. 28, 1895.

Dr. Land sent me "The New Gospel of Health" the first week in July, 1895. Knowing Rev. Dr. Pentecost, I was influenced by his "Introduction," and read no other book until I absorbed that one. I was in Egypt, in the bonds of dyspepsia; wandered in the wilderness forty years; Schlickheizen's bread and fruit as a diet, being manna to my taste for a while. Then I took to Salisbury's meat diet, which served me worse than the quails did the Israelites.

Now, I really believe I have crossed Jordan, and am in a land flowing with milk and honey, a physical Canaan. From school-boy days I suffered from fermentative indigestion; not able to digest, not ready to die-just-yet, but not able to live in peace with my fellow creatures.

The change from a condition of suspected gastric cancer and of realized cussedness, to one of boy's appetite and young man's activity, is sufficient reason for a Thanksgiving proclamation: hence I adopt the words of Israel's psalm singer:—

“Bless the Lord, O my soul: and all that is within me, bless his holy Name.

“Who forgiveth all thine iniquities: who healeth all thy diseases:

“Who satisfieth thy mouth with good things: *so that* thy youth is renewed like the eagle's.”

To this, witness my signature and seal, this twenty-eighth day of November, eighteen hundred and ninety-five.

HENRY C. HOUGHTON, M. D.

7 West 39th St.

Dr. Houghton is Professor of Otology in the N. Y. Homeopathic College and Hospital, and Professor of Otology in the College of the N. Y. Ophthalmic Hospital, and Senior Surgeon in the Hospital.

AFTER NINE MONTHS' EXPERIENCE.—The “New Gospel of Health” goes well with me. It

is now about nine months since I started this physical gospel, and it is simply a new era with me. I could write in parallel columns, remarkable factors in personal experience, which would place the matter in a most pronounced contrast. I believe that you are right, and that I shall go on from month to month, with increasing mental, physical and spiritual vigor. I may well call these nine months my "fat years" after the forty lean ones that I have had.

AFTER TWO YEARS' EXPERIENCE.—While sending my order for another dozen of "The New Gospel of Health," I take the time to add a word regarding my present condition. It will be two years in July since I adopted Dr. Dewey's *Theory and Practice*, and I may say that, while I do not actually do it, I find it in my heart to issue a Thanksgiving proclamation on the morning of every day. I keep the books on the shelf, and pass them out for an unbiased reading by any one who suffers.

Dr. Houghton has ordered nearly one hundred copies of Dr. Dewey's works.

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SPRINGFIELD, MASS.

MR. CHAS. C. HASKELL:—For over two years I have been living by the principles laid down in Dr. Dewey's wonderful book, "The New Gospel of Health." With gladness unspeakable I assure you, I already find myself almost a new

man, and I can never pay the debt of gratitude I owe him for the blessing he has conferred upon me.

My book has been loaned far and wide among patients and friends, and many converts made to the great and priceless physiological discovery, which is destined to do so much for suffering humanity.

DR. W. E. DAVIS.

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INDIGESTION, HEART-DISEASE, CONSTIPATION,  
OBESITY.

BOSTON, February 23, 1895.

Miss F. B., a spare, hard-working dressmaker of middle age, has been employed for a number of years in my family, and has been also my patient. Owing to her sedentary life, she had settled into a form of indigestion so severe that her whole existence was a wretched and suffering one. Remedies had repeatedly given gratifying relief for a time, but with the odds so heavily against her, nothing seemed capable of effecting a cure.

In October last I told her of this "New way of living," and she at once eagerly adopted it. When I next saw her, a number of weeks had passed and her appearance outran her words, in telling the glad story of improved health. She looked much brighter and better than I had ever seen her, and I greeted her with the words, "Why, you have grown ten years younger!"

On inquiry I found that she was able to eat freely and that she keenly enjoyed her food, and was wholly free from the old distress. She was full of gratitude to find herself in good spirits for her work, and the improvement has continued up to the present.

I may mention a case of extreme constipation of a lifetime entirely relieved.

A patient writes to me under date of February 18, "The reason I have not been for more medicine is because I do not feel the need of any. I have not felt so well for seven years, and have been walking back and forth from my work for the last three weeks, and have enjoyed my work all the more for the walk. Neither have I deviated from this system since I was at your office last, and if my heart does not beat all right now, I do not know it. I feel like a new person, especially in the morning."

For myself I will say, that I have a tendency to grow stout and to guard against this I have for years denied myself bread and butter, oatmeal, etc., of which I am very fond. In the five months that I have followed this system I have indulged freely in the above articles of food, and during this time have lost four pounds in weight. If for no other reason, I would continue on this plan, that I may be able to eat the simple every day food of ordinary life.

C. E. HASTINGS, M. D., 160 Huntington Ave.

NEW YORK, N. Y.

Dr. Dewey has written an *epoch-making book*. It is now two months since I first caught sight of this invaluable guide, and it has been to me of very great benefit—a *prize that is priceless*.

After two days of study and experience, out of a full heart I wrote to Dr. Dewey a letter of enthusiastic appreciation. After a two months' study and experience I have not abated one iota of my enthusiasm. I can see at a glance that his book is far better than mine, and I shall take great pleasure in calling attention to it, in praising it, in doing what I can to get people to buy it, and shall also give many copies away to friends who are in great need of it.

EMMETT DENSMORE, M. D.

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CHRONIC DISEASES, DYSPEPSIA, ETC.

NEW YORK, Nov. 28, 1895.

LATER.—I cannot say too much as to the value of Dr. Dewey's books, and the system of diet therein unfolded. I first saw a copy early last April and took up the system immediately and have followed it ever since. Mrs. Densmore was equally pleased.

I have for the last fifteen years made a specialty of the treatment of chronic diseases, and especially of those conditions resulting from Dyspepsia, Indigestion and Impaired Nutrition.



Since becoming acquainted with Dr. Dewey's system, I have recommended it to hundreds, and have been assured by scores of sufferers that they have been greatly benefited by adopting the rules given in Dr. Dewey's books.

When I began the special study of this subject fifteen years ago I counted myself an invalid. I have made great progress toward health as the years have gone by; and since the adoption of Dr. Dewey's system I have made perhaps even greater gains than during any other year since adopting a hygienic life and I count the assistance I have received from Dr. Dewey as of the greatest importance,

EMMETT DENSMORE, M. D.

Dr. Densmore is a specialist on obesity and has ordered several hundred of Dr. Dewey's books.

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DR. DEWEY AS A SCIENTIST.

WESTERLY, R. I.

To my mind the results of Dr. Dewey's treatment and success show that he is an advanced educator and has given a higher education in American literature for humanity. The results of the Doctor's treatment are remarkable. He is truly one of Nature's students.

"The True Science of Living" in its adaptation to the needs of humanity ranks in my esti-

mation with the writings of the Egyptian prince, the Jewish law-giver, the Inspired Moses.

AMOS R. COLLINS, M. D.

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A REMARKABLE CASE—CHRONIC BOWEL AND BLADDER TROUBLES, LOSS OF HAIR, VERTIGO

AND LA GRIPPE.

PHILADELPHIA, PA., Dec. 1, 1897.

Mrs. M. R., of Philadelphia, known to me for many years, has been suffering from obesity. She has not been able to button her shoes for a long time. With the hope of being benefited with respect to size, and for that only, she began the true way of living last March, and has had entire satisfaction in the matter; but that was not all.

Her habit through life has been an abnormal condition of the bowels, usually several loose watery stools daily. She had not been under the influence of the New Way a week, when to her great surprise and delight, a complete constitutional change was effected, to one that was perfectly normal. About the same condition existed as regards incontinence of urine. The same change was effected with increasing astonishment and pleasure.

When combing her hair in the morning the loss of hair was very much above normal, showing an unhealthy condition of the scalp, that has decidedly improved.

She had suffered from attacks of Vertigo for years, and they appeared to increase in frequency during last winter. After the change in her manner of living, she did not have another attack for five months, and then from over-work. She has not had any since.

About eight years ago she was ill with an attack of La Grippe which left her with an abnormal, neuralgic condition of her left side, causing great suffering. She was treated by physicians from both the Jefferson Medical College and the University of Pennsylvania, without receiving any benefit. Her condition in that respect is improving, and I am looking for entire relief in time.

What more could be asked as evidence that "The New Gospel of Health" is capable of doing all that Dr. Dewey claims for it? It impresses me as *the most important announcement made to the world, since the angels proclaimed the birth of Christ.*

B. B. PERKINS, M. D., 3,259 Sansom Street.

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#### RHEUMATISM.

LATER. Both Mrs. Perkins and myself have to report with great satisfaction, that the Rheumatism from which we have suffered many years has *entirely* left us in great peace and comfort—with no regrets.

EXTRACT FROM "URIC ACID" BY DR. ALEXANDER  
HAIG, M. A., OXON, F. R. C. P., LONDON, ENG.

"His (Dr. Dewey's) logic is unanswerable. Having arrived at this conclusion I proceeded forthwith to put the matter to the test of experience. The result was exactly what Dr. Dewey describes. I had keen hunger, such hunger as I had not experienced for years. I felt extremely bright and well and capable of very good work, both mental and bodily.

The effect of this was, I think unquestionably, that my stomach and intestines did better work, the girth of the abdomen diminished, I think from the absence of undigested residues, and the comparative absence of flatus.

The result then was to leave on my mind no doubt that in Dr. Dewey's plan, we have a most powerful stimulant to digestion and nutrition. Digestion is more perfect, just as with better appetite one would expect it to be, and nutrition is stimulated; the fire burns more brightly and combustion and absorption are more perfect. I have learned exactly how it cures dyspepsia and the headaches, mental depression, etc., dependent upon it.

As the result of the experiences in my own person, I now make use of Dr. Dewey's plan for my patients."

Dr. Haig is one of the foremost medical scientists of England.

## GAIN IN WEIGHT.

OCEAN GROVE, N. J., March 13, 1895.

I am satisfied now after three months' trial that Dr. Dewey's plan is just the thing for me, and I have no doubt is worthy the term "True Science of Living." *I have steadily gained in weight since I adopted it.* I am in better trim for my work each day, and have a marked uniformity of ability for mental application that I did not have before. I find I have a constantly good appetite, and certainly food is assimilated vastly better than before.

DR. M. D. COLLINS.

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## EFFECT ON THE APPARENTLY WELL.

## INDIGESTION.

BOSTON, February 23, 1895.

This "Better Way of Living" was made known to us in September, 1894, and from that time to this the "New Gospel of Health" has been followed in our household.

Two out of the three members of our family were in good health, and adopted the system as *preservative* rather than *curative*, feeling that if all that was claimed for this "Better Way" was true, our physical condition might still be improved, and we might become less susceptible

to the attacks of disease. In the five months during which we have lived in this "Better Way" we have realized greater elasticity and increased vigor for work, less weariness under severe strain, unprecedented freedom from colds and the minor ailments to which even healthy persons are sometimes subject.

A third member of the family, however, was in a state of chronic indigestion, so desperate that she hailed "The New Gospel of Health" as a last hope, having tried remedies and rest and dieting all in vain. She is a woman past middle age and for two years her digestive power had been steadily failing in a way so persistent as to suggest serious if not hopeless loss of nerve force. Medicine helped temporarily. A long vacation helped in slight measure, but hitherto nothing had brought help sufficiently radical to be lasting and she herself as well as her friends were beginning to realize that her days of active life were numbered and that a break-down was inevitable.

The adoption of the "Better Way of Living" brought prompt improvement. The stomach became more tolerant of food and there was a gratifying gain in strength, and although not yet completely restored the improvement has been so great that whereas she had for months been unable to eat anything but crackers and milk for her evening meal, she could, within two or

three months of the adoption of the new method, take a supper of beans and brown bread with impunity.

Her strength and buoyancy have greatly increased and she feels that the "New Gospel of Health" has been and will still be her physical salvation.

Wherever I have seen this method faithfully tried, it has been followed by an improvement in general health, and in many cases it has wrought cures which are *truly wonderful*.

J. M. PLUMMER, M. D., 160 Huntington Ave.

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#### EFFECT ON APPARENTLY PERFECT HEALTH.

MALDEN, MASS., Feb. 11, 1897.

I commenced Nov. 4, 1896, to live in accordance with "The New Gospel of Health."

I am much pleased with the results, and although for many years my health has been perfect, inasmuch as were I to close my eyes, I should not be conscious of possessing a body, so perfectly free from any feeling of discomfort am I, yet hearing of your system of daily living, I commenced it as an experiment more than for any other reason, and hoping to reduce my weight, which always increases in winter.

Immediately upon adopting the plan, I was astonished to realize a buoyancy of spirits, an

elasticity of step, and an increased power of endurance almost phenomenal.

C. M. NORDSTROM, M. D.

ELEVEN MONTHS LATER.—My health at 65 is still perfect, and I am still unconscious of possessing a body if I close my eyes ; for which, I assure you, I am more than grateful to the Great-Giver of all blessings.

I am still living according to the "New Gospel," and doing all I can to persuade others to do likewise. I look forward to the time in the 20th century, if not sooner, "When all shall know the truth, from the least unto the greatest," and be partakers of its benefits.

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OSKALOOSA, IOWA, Sept. 21, 1897.

CHAS. C. HASKELL & SON :—

I am much gratified to inform you that about three months ago you called my attention to Dr. Dewey's two great books. I ordered them and have had them now only two weeks.

We—our whole family—are already glad that Dr. Dewey lived, that he lives, that he wrote those books, and hope for him a long and happy life.

To live according to the teaching of either of these books, would soon make a new race.

Yours for much good,

J. W. DILL, M. D., D. O.



POUGHKEEPSIE, N. Y., March 19, 1897.

I have just finished "The True Science of Living," and would recommend every person to read it and follow its directions.

D. M. SHEEDY, M. D., 58 Cannon St.

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EPILEPSY.

MEADVILLE, PENN., July 29, 1895.

Four years ago I attended a wretched mother who had been subject to epileptic fits for years. I had been her physician for some years and at this last attendance I laid down the laws heavily. I have never been in the house since and I had supposed other physicians had been called in when necessary. I met her recently and she was looking so well, so happy that I scarcely knew her. She has not had a fit since nor any need of a doctor.

E. H. DEWEY, M. D.

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EXTRACT FROM "AIR, FOOD AND EXERCISE." AN  
ESSAY ON THE PREDISPOSING CAUSES OF DIS-  
EASE.

Dr. Dewey of Pennsylvania, with whose views I am glad to find myself in general accord, seems to have made the same attempt as the writer to

view the facts of medical practice from an independent and, may I say, original standpoint.

. . . . .

It strikes me as somewhat curious (and yet if we both look at the facts of life candidly and impartially, perhaps it is not curious) that observers so wide apart, and in circumstances so very different as the conditions of life must be in Yorkshire from what they are in Pennsylvania, should come to conclusions so practically similar as Dr. Dewey and the writer have reached.

(By A. Rabagliati, M. A., M. D., F. R. C. S., Edin., Honorary Gynæcologist and late Senior Honorary Surgeon, Bradford Royal Infirmary, Consulting Medical Officer, Bradford Children's Hospital.)

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SANTA ANA, CAL., Feb. 15, 1898.

I am recommending Dr. Dewey's books to every person that I can induce to read them, and to parties that are too poor to purchase them, I am donating books. I have correspondents in all parts of the U. S. and Canada. I have treated all kinds of disease successfully (except the third stage of consumption) and since adopting Dr. Dewey's system I perform cures in less than one half the time I did before.

We cannot recommend the Dewey books too highly for the benefit of the public.

DR. E. GALLUP.

81 COLUMBIA HEIGHTS, BROOKLYN, N. Y.

November, 1900.

MR. CHAS. C. HASKELL,

*Dear Sir* :—Permit me to say a word as to the progressive work you are doing in publishing such books as “The True Science of Living,” “Perfect Health,” etc.

They will largely help the community toward realising that Higher Life which is coming to mankind, by teaching how to order their daily habits so as to secure that Life *now* to every individual.

My success with patients has at times been phenomenal, and my personal enjoyment of the system is a delight and a *revelation*.

Wishing you every success in the good work, I remain,

Faithfully yours,

CHAS. H. SHEPARD, M. D.

FORT WAYNE, IND., Aug. 13, 1899.

MY DEAR DR. DEWEY:—

Your book, “The True Science of Living,” came to me just one week ago this morning. I

have read it with intense interest. *You* can imagine my surprise and delight when I tell you that it was as if I was listening to one of my patients telling me the story of their recovery. For fourteen years I have not lost a single typhoid fever patient. Invariably I waited for "the residue force within the body" to express itself; then followed its dictates without hesitancy.

As in your case, this idea has been a slow, tedious and rather expensive evolution—if looked at from a money stand-point—for me. At the very inception of my practice I was confronted with the "chronics and incurable." They enlisted my attention and sympathy. About ten years ago I solved the problem as to the cause; the application of the remedy came later, and now, as you say, I go into the presence of the patient feeling that "I know;" formerly, "I believed." A mighty difference.

Yours sincerely,

A. P. BUCHMAN, M. D.,

Prof. of Physiology, Ft. Wayne Medical College.

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3609 LINDELL BOULEVARD,

ST. LOUIS, MO., Aug. 22, 1899.

CHAS. C. HASKELL & SON,

GENTLEMEN:—Mr. H. I. Miller, of Terre Haute, called my attention to these works about a month ago. I have advised a great many of

my patients to send for them. I have given the matter of diet a great deal of thought and am glad to hear from Dr. Dewey in his no uncertain manner. I think he will be the instrument for doing an immense amount of good.

I believe the ambition of every doctor should be to educate his people so that they may be able to care for themselves. I have not written a prescription in years for a patient without letting him know what it is and how it will effect him. The day of mysticism in medicine is past and gone, thank God, and the doctor of the future will be one who advises with people and teaches them how to prevent disease, and when they are unfortunate enough to have contracted sickness, or brought about a diseased condition by ill advised methods of living, he will teach them how to prevent future trouble and care for the ills they have.

As a temperance lecturer, Dewey is all that can be desired. The individual who can be induced to live according to Dewey has no inclination to drink alcohol in any of its combinations. I congratulate him for giving the time and thought to enable him to write so forcibly and convincingly on the subjects, and you for bringing the public in touch with so much that is altogether good and true.

With best wishes for your success, I am,

Very truly yours,

WM. F. KIER, M. D.

From the large number of letters we have had from all parts of the world, we publish a few, as the actual RESULTS of what has already been done.

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## HEADACHE, CATARRH, ETC.

MIDDLETOWN, CONN., Dec. 22, 1896.

MY DEAR MR. HASKELL :—I was led to adopt "The True Science of Living," on listening to the lecture given by yourself in the parlors of the South Congregational Church, Nov. 12th. A day or two after, my wife, my mother and the servant followed, and within a week our little girl, aged six and one half years, expressed a wish to do the same.

Physically, we are all decidedly better. Mrs. B. has had no recurrence of the severe sick headaches to which she was frequently subject. Mother and I are free from a most annoying tendency to take colds, which used to last sometimes three or four weeks at a time. Both of us were troubled also with a mild form of catarrh, and that has entirely gone. Most gratifying of all is the result with Marian, who had been taking medicine of one sort and another almost since the time she first opened her mouth, and still was subject to sourness of the stomach, fickle appetite, and catarrh, relieved occasionally by a bilious attack. Since adopting "The New Gospel

of Health," she has been free from every trace of catarrh, and the other troubles for which she had taken medicine so long. The need having ceased for their use, the bottles of soda, iron, arsenic, etc., have been put away.

I will only mention the unusual strength we are all conscious of; the freedom from the old fatigue after unusual exertion, and freedom from worry over little things, which have come to us since we learned of "The New Gospel of Health." We have no desire to parade as monuments of the efficacy of any one's system, but if added health and happiness can be brought to any one by our testimony, we shall be only too glad to point them to a blood purifier which they may have "Without money and without price."

I am sincerely,

W. P. BRADLEY.

(Ph. D., Prof. Chemistry, Wesleyan University.)

FIVE MONTHS LATER:—I am glad to hear of the success of "The New Gospel of Health." Every true convert to it is bound to be a center of influence for the better way of living, partly because the benefits are of such a sort, many of them, that they cannot be hid, and partly because the convert can but speak of the things he has heard and experienced. While we were always in comparatively good health as a family, excepting perhaps the little girl, *we never experienced*

*such health as we now enjoy.* It comes to us necessarily in the form of freedom from the petty ills of the body which succeed so often in annoying and distracting those who in a general way are well. The little girl is as healthy a child now as can be found in Middletown, and no one is more free to confess the fact than our physician, Dr. L., whom you doubtless remember.

While this is no news to you, it has the advantage of being later intelligence than is contained in my former recommendation of the method. If it will help the cause any, you are at liberty to use it in your work.

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BROOKLYN, N. Y., Sept. 10, 1900.

MY DEAR MR. HASKELL :—

It is a great help to me to know that you have written a book which will embody your actual experiences in search of health and happiness. I shall never forget the day when you gave my daughter and myself a little outline of what seemed to us both a truly miraculous cure wrought in your great extremity by following the advice of Dr. Edward Hooker Dewey.

I am glad that you and I believe in the Spirit, and that you had the courage to follow whithersoever the divine messenger led. When it leads to the land of no food, one needs to be well equipped with the courage of his convictions, for on the surrounding fences sit our well-fed, though sick



and complaining friends, advising, deriding, entreating and prophesying for us all manner of evils. This is not easy to bear.

The Dewey regime has been of *incalculable value* to me and to many of my friends. I did not have to linger long in the land of no food, as going without breakfast (which I have done for more than two years) and simplicity of diet were all that was needed in my case.

I predict for your book a great success. It will knock some good common sense into the head of many a scoffer, and show the weary hunter for health the way out of darkness into marvelous light.

Yours for true liberty,

ELEANOR KIRK,

696 Greene Ave.

(Author of "Prevention and Cure of Old Age,"

"Perpetual Youth." etc., etc., etc.)

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DUNCRAIG CASTLE,

STROME FERRY, N. B., ENG.

I received a few days since, the copy of "The True Science of Living," which I shall ever keep and value to the end of my days, passing it on as *my most valued possession*, for to it I owe the news which taught me how to regain the health I thought I had lost forever.

Yours ever sincerely,

(Lady) FLORENCE DIXIE.

# PERFECT HEALTH.

NEXT TO THE BIBLE.

OREGON CITY, OREGON, May, 1896.

I have read over 200 pages of "The New Gospel of Health," and must say it is the greatest treat of my life. Outside of the Bible, it is the *grandest book of the age*, and is destined to save many valuable lives. I would not do without its truth and light for \$50.00.

L. H. ANDREWS.

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## CHRONIC DIARRHOEA.

HARPOOT, TURKEY, Dec. 26, 1896.

Dr. Dewey's book was duly received, and I enjoyed reading it. I believe in the principle. Since reading it and adopting it I have been cured of chronic diarrhoea.

(REV.) H. N. BARNUM (D. D.).

Missionary, A. B. C. F. M.

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## MORE THAN A YEAR'S EXPERIENCE.

MARS, PA., Jan. 1, 1896.

I have been practicing "The True Science of Living" for over one year, and must confess that with the exception of the Christian Religion it has been the *greatest discovery of my life*. I have experienced a *complete mental and physical transformation*. My muscles and mind, especially memory are stronger than ever before. My sleep

is sweet and refreshing ; even on Sunday nights after preaching three sermons. I would not go back to the old way *for any consideration*. Previously my stomach gave me a great deal of trouble, but now it could not be better. Oh, what a blessing if all would adopt "The True Science of Living."

(REV.) J. H. LAVERTY.

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BRIGHT'S DISEASE AND HEADACHE.

GRINNELL, IOWA, April 27, 1896.

The book has been received and has gone out to do missionary work. I did not retain it to read as I thought it would keep and I could read it later. As I have been so grounded in the good way I can wait. I never have been in better health and several whom I have told of the better way have practiced it very much to their benefit, particularly my son, whom I spoke to you about last summer, who was troubled with Bright's disease and severe headaches. The result is that he has not been so well for years. He has not had one headache since the 9th of January, although he does as much work as two ordinary men, and sleeps like a log. I think now we have tested the method long enough to give it our *unequivocal approval*.

(MRS.) E. D. RAND.

## RHEUMATISM.

NORWICH, CONN., Dec. 5, 1900.

On March 10, 1896, Mr. C. C. Haskell suggested that I try the doctrine of the "New Gospel of Health" as a cure for Rheumatism, with which I had suffered severely and constantly since the spring of 1889.

I had not the least bit of faith in his assertion that if I followed the plan faithfully it would cure me wholly of the disease which was a source of great annoyance to my life. I did not believe it possible for a man working ten hours a day at manual labor to live according to Dr. Dewey's plan. I agreed, however, to try the plan for a month and at the end of that time I noticed a decided improvement. ✕

After a few months all signs of Rheumatism had entirely disappeared and from that day to the present I have had no trouble from that source; nor have I been troubled with any other form of sickness. I have gained twenty-five pounds of solid muscle and am working every day at my business, the blacksmith trade. ✕

I feel ever grateful to God and Mr. Haskell and am fully convinced that the "New Gospel of Health" has been a Godsend to myself and family. To me it has proven the fountain of perpetual youth and life is now indeed worth living.

To depart from this, "The True Science of Living" is as much out of the question as for Paul to forsake his God.

H. C. LANE.

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DYSPEPSIA, NERVOUS PROSTRATION—NEXT TO  
THE BIBLE IN VALUE.

CINCINNATI, OHIO, Feb. 22, 1897.

It does me much good to read the doctor's grand work, "The New Gospel of Health," *the grandest work I ever read except the Bible*, and I notice others are of the same opinion. I only wish I could have read it 25 years ago, for I have been a great sufferer. I am 72 years old, and have been an invalid for over 30 years with *nervous prostration, dyspepsia, etc.* Suffered nearly everything except death and many times longed for that to come.

We have been living under "The New Gospel of Health" now three months, and we don't want to go back to the old plan of living—*no, never*. My sleep and digestion have improved very much. I sleep like a baby, and in the daytime take plenty of exercise, out-doors and in. My mind in the past has been very much affected. There is a great improvement in that line. I have not an ache or a pain about me now.

I. D. NORTH, 1118 Locust St.

## NERVE DISEASE AND OBESITY.

WEST BRATTLEBORO, VT.

Aug. 28, 1900.

MR. C. C. HASKELL,

MY DEAR SIR :—I will try briefly to comply with your request for a statement of my experience in the practice of the principles of Health as taught in the "New Gospel" for though I dislike to pose as a witness to any curative system, I yet feel that I owe so much to this method of living that I can not do less than this in token of gratitude.

I had been a sufferer for many years from nervous diseases which would not let me rest anywhere. My stomach, kidneys and other organs felt paralyzed, and I became burdened with obesity which made the slightest exertion seem an utter impossibility. I felt that life was only a living death; there was no joy or sunshine to hope for, and no song or light to expect in heaven.

It was into this depth of despair that Mr. C. C. Haskell came one day, and saying "you can be well if you want to" left me the "True Science of Living" and "A New Era for Woman" by Dr. E. H. Dewey. I became at once intensely interested in the principles of health as taught in these books, and though without any faith in its ability to work a cure for me, I began to

practice this plan of living. Now, after four years' trial of it, I can truly say that I have steadily improved in physical and mental strength. The burdensome obesity is all gone, and with it the terrible hopeless despair, so that I am able now to say, "I expect to be well." The song of praise is up springing in my heart because "He restoreth my soul."

I rest and sleep easily and sweetly. My complexion has cleared and my skin grown fine and smooth as a child's. The failure of physical powers is arrested, and I am able to see in myself improvement from month to month.

Would that I could persuade every one to adopt the method of living taught in the "True Science," so that from the well and the sick might arise together the Psalmist's glad refrain "Who satisfieth thy mouth with good things, so that thy youth is renewed like the eagle's."

SUSAN E. CLARK.

P. S. The above is a very inadequate expression of the relief and benefit which has come to me—and the half is not told—but I can not put into words, or publish the real, exact story of my experience in practicing this method of living.

Problems of life and destiny are constantly involved, which can be known only to God, but I can thank Him for the strengthened grace and power to work them out.

S. E. C.

## HEADACHE AND OBESITY.

ON THE RAIL NEARING LOS ANGELES,

Feb. 13th, 1897.

I am happy to add my testimony to that of the lengthening list of happy beneficiaries from Dr. E. H. Dewey's *wonderful discovery of the true key to health*. I have been practicing the prescribed methods of that benefactor of mankind for over thirteen months and with the most gratifying results. Headache gone, incipient corpulency, which was hereditary, subdued. I now possess at the age of nearly 58, the *agility of youth*, and would in no case go back to the old life of 1895 for *many thousands in gold*.

Yours for the suffering millions,

A. W. DENNETT,

25 Park Row, New York City.

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NEW YORK, Oct. 17th, 1900.

C. C. HASKELL, ESQ., Norwich, Conn :—I take pleasure in stating that after six years of faithful observance of the teachings and maxims set forth by Dr. E. H. Dewey in that most excellent work entitled "The New Gospel of Health," I find myself to-day, although in my 62nd year, with the dew of youth in my whole being, and an ease and elasticity of movement that to my friends, and even myself, is truly wonderful. All my



powers of mind and body have been blessedly quickened by this *perfect system of health*.

Yours very sincerely,

A. W. DENNETT,

150 Nassau St.

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EFFECT ON BODY, MIND AND SPIRIT.

MIDDLETOWN, CT., Jan. 8, 1897.

MR. C. C. HASKELL, *My Dear Sir*:—I shall be ever grateful to you for having preached to me “The New Gospel of Health.” It is now about two months since I adopted the method of “right-living,” and I have already been greatly benefited thereby. *Physically I am becoming a new man: indigestion, sleeplessness, nervousness, with related ills of a minor character have well nigh left me, and I feel a general increase of vigor.* But I prize still more highly the good I have received mentally. The lassitude and cloudiness which, to my dismay, I perceived creeping over my brain, have dispersed like a cloud before the sun, and I can pursue my studies now with two-fold zest and penetration.

Above all things, however, I praise God for the spiritual strength and happiness which I have been helped to acquire. I had been long and earnestly striving to attain to a greater nearness to God, and a fuller knowledge of Him, and closer communion with the Holy Spirit, which I

felt I should have, thought I might have, yet knew I did not have. That baptism has now been received in considerable measure. It came since I am under the new regime, and I cannot help ascribing the victory, at least in part, to that regime.

I believe that my body was the thing that was standing between my soul and the sunlight of God, and buffeting me in spite of my agonized attempts to rise. But having placed it under subjection by the "New Way" the light immediately shone.

In fact, a new spring of life seems to have opened up in the deepest parts of my being. Again I thank you.

Very sincerely yours,

(REV.) ALFRED T. CLARKE.

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NORWICH, CONN., Oct. 23, 1900.

DEAR MR. HASKELL:—It is six years the fifth day of last June since I adopted the practice of going without my breakfast, and I am glad that I can testify to an *unbroken record*, for, from that day until the present one, I have never tasted breakfast, nor had any desire to do so.

At first I was a little doubtful about undertaking the practice. It was such an unheard of thing in this vicinity, and seemed so like a dangerous experiment. But, once started in, I soon found that it was a perfectly safe and sane under-

taking. In fact, I now see that the "danger signals" are all on the other side—the side of those who will persist in the habit of continuing the morning meal.

And this abstinence has proved, under God, to be a permanent and inestimable blessing to me, both physically and spiritually. There has been a marked strengthening of the digestive organs—which were constitutionally weak—a general toning up of the entire muscular and nervous system, and a keenness of the mental and spiritual perceptions, never before enjoyed.

I can safely advise any one—sick or well—to begin the practice at once, and prove to his own satisfaction the benefit that will inevitably follow a faithful and persistent following of this most important law of health.

I am yours for every good work,

M. LOUISE STURTEVANT.

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#### NEURALGIA AND EMACIATION.

MIDDLETOWN, CT., Jan. 25, 1898.

Mrs. Ely and myself have followed the "True Science of Living" for more than a year. *She has gained sixteen pounds and I have gained eight.* Considering that Mrs. Ely was tormented by neuralgia pains every week, and sometimes every day for twelve years, we are pleased with the

solid fact that they ceased immediately, and have not troubled her since.

W. H. ELY, (Optician).

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MALARIA, PNEUMONIA, NERVOUS DYSPEPSIA, VERTIGO AND HEART DISEASE.

NEW BRITAIN, CONN.

As a minister, I had suffered at times from malaria, pneumonia and nervous dyspepsia attended with vertigo so severe that upon lying down my head would whirl almost to blindness, and my heart palpitate nigh to suffocation, and in the morning I had to rise very gradually or I could not stand, much less walk. Once I dropped to the floor as suddenly as though shot.

I heard through Mr. Haskell of the more excellent way of living. I entered immediately upon this course to my great gratification.

*My pulse has become steady and strong, my breathing deep and easy, my voice clear, my head level, my step elastic and my countenance brightened, so that my friends are greeting me with "How much better you are looking!" though ignorant of the cause. With a general elation all along the line I am ready again for years of good service. It would require a big heap glittering before my eyes to reconcile me to drop out the last three months of my life with no promise of ever learning of "The True Science of Living."*

(REV.) GEORGE A. GRAVES.

## NERVOUS PROSTRATION AND CATARRH.

## KALAMAZOO, MICH.

Several years ago I abandoned very active business relations calling for severe physical employment to enter the ministry.

Catarrh, chronic for many years, had a sudden and almost malignant development and I was rapidly going to pieces. The sudden change to sedentary habits, and severe intellectual work under such conditions, was a strain that carried me to the brink where yawned the fatal abyss. A plunge seemed inevitable, and would have doubtless occurred had not my good brother insisted upon my adopting "The New Gospel of Health."

Returning East a wreck, I became a willing subject for the doctor's treatment, which consisted of long lectures on "The True Science of Living." It is not too much to say that I owe him my life and the present degree of strong endurance and good health, under the blessing of Him "Who loved me and gave Himself for me," in proof of which I may say that during the last year I have delivered 343 sermons and addresses, conducted over 200 other meetings and made 640 religious visits.

Catarrh has almost ceased to trouble me, exhaustion is never experienced, and fatigue is becoming a stranger. During the up grade from

nervous prostration there was no resort to nostrums, but patient adherence to the truths taught in "The True Science of Living."

Next to the blessed gospel of the Son of God which brings health, bounding blessed health to the soul, is "The New Gospel of Health," which brings and keeps health of body. Money can purchase neither nor measure the value of either.

In the interest of health,

(REV.) W. W. DEWEY.

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EFFECT ON THOSE WHO DO THE HARDEST MANUAL  
LABOR.

CROYDON, N. H., Jan. 24, 1898.

I purchased "The True Science of Living" about eight months ago. For years I had been troubled with sick headaches and other forms of indigestion. All the pills, bitters and other medicine failed to give any relief. One year ago last July I came across one of Dr. Dewey's books and concluded to experiment with his treatment. I was working hard in the hay field when I commenced and from that day till this I have followed "The New Gospel of Health."

Well, the result is *no sick headaches*, my dinner taken with a keen relish, does not distress me, and in every way I feel very much better. THIS BOOK WAS WORTH ONE THOUSAND DOLLARS TO ME and it would take that amount to tempt me to go

back to the old way of living. I have six or eight converts who can testify to good results.

Don't be afraid to advise old or young, sick or well to adopt the plan. *I know a man can do a larger amount of work and with less fatigue than under the old way. Dr. Dewey's method will give better results than all the patent medicine that was ever put in boxes or glass bottles.*

A young lady near us ordered a book at the same time that I did. She had suffered everything from a bad stomach. Her father, who was quite wealthy, spared no pains in giving her the very best medical treatment, but without giving any relief. Her friends had given up about all hope when she accidentally came across Dr. Dewey's book. *The result was in 25 days a well stomach and a new woman.*

Yours,

D. W. BARTON.

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ECZEMA, HEADACHE, BOILS, INDIGESTION, CONSTIPATION.

BRIDGEPORT, CONN., Dec. 13, 1894.

For fifteen years I have suffered with eczema in my face, it sometimes being so bad I was ashamed to go on the street, and sometimes my face has been badly swollen and almost a constant annoyance from the itching and burning; and this trouble had so worn on me that my general health was very poor. I have for several

years been subject to severe headaches two or three times a week; so bad that I have had to have my neck blistered and other remedies applied. For the last year I have almost constantly been troubled with boils. In all these years I have employed a large number of physicians and spent a great deal of money for their medicine. I have also tried all the different kinds of "patent medicines" recommended for eczema and a great many "home remedies." In fact it has been a constant struggle to cure my face, which has grown gradually worse. Between two and three months since, I was induced by Mr. C. C. Haskell to try the Dewey treatment. I have had a headache but once in that time. I feel the best I have in ten years. I think I can say I have been entirely cured of indigestion and constipation, which I have been troubled with for years. My general health is the best it has been in ten years. I rest well at night and relish and enjoy my meals. My face is much improved and still gaining. In fact I can say *I feel like a new man* and all from "The New Gospel of Health." My family are so well satisfied with the beneficial results that they have all adopted it, with equally good results, and I can confidently say it is all due to "The True Science of Living."

J. M. CHAFFEE.

AFTER TWO YEARS.—It has been over two



years since I wrote you concerning the advantages of "The New Gospel of Health" in my case, and wish to say in addition to what I stated in my former letter, that it has done more for me in two years than all the doctors have been able to do in 20 years.

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## DYSPEPSIA, WEAK LUNGS AND CATARRH.

NORWICH, CONN., Nov. 7, 1900.

MR. C. C. HASKELL,

GREETINGS:—I was born a dyspeptic and hence had a weak stomach by inheritance. I suffered more or less until I came to manhood when it took a more serious form of hemorrhages of the lungs which continued for about two years.

I then became a Christian and was healed instantaneously of my lung trouble through faith in God. I also at this time had catarrh which did not seem to leave me, and so between my stomach and nasal trouble, I found many days of suffering.

In 1895, about the 10th of Jan., I commenced the "No Breakfast Plan" better named "The New Gospel of Health," and was greatly benefited. In the present year, 1900, I commenced deep chest breathing and cold water bathing, and now realize a great buoyancy in the physical body such as I had never known in all my life. My flesh which was soft and flabby is becoming hard.

I am convinced that the "blues" which is so common among people is the direct outcome of wrong eating and drinking ; yea entire wrong living. I now eat my food with a keen relish and have no "after effects" as formerly. My eyes which for years were tinged with yellow on the white of the eye have become clear.

Respectfully,

HARRIS HEMPSTEAD.

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TYPHOID FEVER, ULCERATED BOWELS.

HIRAM, OHIO, Nov. 8, 1896.

MESSRS. CHAS. C. HASKELL & SON :—

In July, 1896, I was taken with Typhoid Fever, being at that time a missionary in Central Provinces, India. On my recovery I was injudiciously fed, and became the victim of Ulceration of the Colon. This began about the middle of Nov., 1895. Thenceforward until April, 1896, I tried repeatedly the treatment of physicians, having in all some seven doctors, including both schools. It was of no avail. Each month found me thinner and weaker. I was gradually bleeding to death.

By what I believe to be a providential circumstance my attention was called to "The True Science of Living." I got the book, read it greedily, and at once began to follow its instructions. I was surprised at the readiness with

which my trouble yielded. Immediate decline of the symptoms was the result of Dr. Dewey's treatment. *In 60 days I have put on 30 pounds of new flesh.* The gain was at first slow, but has been in ever-increasing rate, till I have recently had the unparalleled experience of gaining five pounds in six days, and in the next seven days five and one-half pounds, making a total for thirteen days of ten and one-half pounds. I now weigh as much as I have at any time for years, and am still gaining with a renewed feeling that I have not thought possible for me, and an appetite for substantial food such as I have not known since boyhood days, and an ability to handle any kind of food I desire to eat.

I consider that I have been rescued from a slow death, and spared to the work which I as a young man felt I had only begun. With gratitude unspeakable, and the wish that you may be instrumental in putting these books in every home in the land, I am,

Yours for suffering humanity,

(REV.) W. E. RAMBO.

Mr. Rambo has returned to his field of labor in India a perfectly well man.

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#### HEADACHE AND OBESITY.

NORWICH, CONN, Nov. 30, 1900.

Six years and six months ago Mr. C. C. Has-

kell of this city called my attention to Dr. Dewey's "New Gospel of Health." I adopted it at once with the following results. A severe headache which I had almost constantly is completely cured. My weight which was 225 pounds has been reduced 35 pounds. Never from that time until the present moment have I taken a drug of any description, nor have I experienced a day's illness. No one could induce me to depart from this new method of living. Now at nearly 51 years of age, I feel as vigorous, elastic, and hopeful as I did at 21. I shall always be grateful to Dr. Dewey and Mr. Haskell for the inestimable blessing which has come into my life by adopting the "True Science of Living." This way of living if adopted will prove a great blessing to humanity. I firmly believe that no one enjoys life at its best who does not live in this way.

W. T. LANE.

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TWENTY-EIGHT YEARS A DYSPEPTIC.

MURRURUNDI, AUSTRALIA.

DEAR BRO. ROOT:— About twelve months ago you wrote some articles in "Gleanings" about "Health Without Drugs," mentioning a book entitled "The True Science of Living." Feeling impressed that the book was worth getting, I sent to America for it; and having read it I decided

to give the method a three months' trial. I may state that I am 46 years of age and have been in the ministry 22 years.

I have suffered for 27 years from Dyspepsia, having some intervals of rest from dyspeptic troubles during this period. During the whole of that time I was not able to travel with comfort in the train, tram-cars, or buggy, being invariably sick ; and on the sea I was completely prostrated.

Aug. 29, last year, having read Dr. Dewey's book, I started on his system of living. That was on Saturday. On the following day, Sunday, I travelled 22 miles, preaching three times, administering the sacrament of The Lord's Supper, and finished the day's work with a sense of ease and pleasure. I never threw more energy into my preaching up to that time than I did that day.

From the day I started this plan up to the present I have had a clear brain, and have been able to think and study without any feeling of heaviness or fatigue whatever. Prior to this I used to feel occasionally the need of an after-dinner nap, on account of a dull, heavy feeling I had at mid-day. Since beginning the new method I have not felt the need of such.

The result, after a year's trial, summed up in a few words is this : *Dyspepsia completely gone* : ability to eat and digest anything the appetite

calls for; clearness of mind all through; greater energy in preaching than ever before, with no supervening tiredness on Monday; ability to travel with pleasure by train, tram-car or buggy. The plan has been to me *good, all good, only good, and good altogether.*

I hope that others may be led to procure the book and read it and realize like benefits.

(REV.) GEO. A. REEVE.

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#### VERTIGO AND BLADDER TROUBLES.

NEW YORK, Feb. 10, 1897.

CHAS. C. HASKELL, ESQ. :—"The New Gospel of Health" has brought to me such a renewal of vigor, that the temptation comes also to increase the responsibilities of business, forgetting that 67 years demand rest rather than energy. In fact, every night brings a consciousness of too much vital expenditure, and it is very difficult while feeling so well, to remember at all times, that age is not so alert on every emergency, as youth.

A year ago vertigo and bladder troubles had made a wreck of me, so that death was a pleasant prospect, as a relief from suffering. New York was an impossible climate so that the Winters had to be spent in California or the South. Living according to "The New Gospel of Health" made a decided change, sufficient to reveal the

fact that health was to be sought along this line.  
*Under that regime my health has been fully restored*  
*No more doctors, no more drugs, no more suffer-*  
*ings. What else remains to be said ?*

ABEL EASTON.

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ANSONIA, CT., Feb. 7, 1898.

If at the end of twelve months I had received as much benefit from the "True Science of Living" as I have at the end of two months, I should consider myself more than repaid.

THEODORE P. TERRY.

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NEURALGIA.

MIDDLETOWN, Ct., Jan. 14, 1897.

Having tried "The New Gospel of Health" for three months I can truly state that it has done wonders for me ; I have suffered from a complication of ailments for years, having been unable to walk any distance without severe pain, and have been under the constant care of a physician for the past eight years. Now after three months' trial of this treatment my general health has improved marvelously. I have neither consulted a physician nor taken any medicine since I have been on this treatment; I can walk off for miles and feel no ill effects. I have suffered from Neuralgia in its worst forms, and could get no relief, but have had no attack since I have been on this

treatment. Our family are all trying this wonderful cure with equally good results. We cannot speak too highly of "The New Gospel of Health."

Hoping this will influence some other sufferer to try the treatment, and that they will receive as great benefit from it as I have, I remain,

Sincerely yours,

MRS. H. V. HENNIGAR.

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#### HEADACHES.

NORWICH, CONN., Sept. 5, 1900.

DEAR MR. HASKELL:—This better way of living was made known to us in the Fall of 1895, and from that time we have not eaten a breakfast. For a week I suffered some from a feeling of faintness, or as we sometimes express it "all gone-ness," but that soon disappeared, and I enjoyed my dinner much better and with the keen relish and hunger of childhood days. I am conscious of a clearer brain and more original thinking than I had before.

My wife, two daughters and three sons soon followed my example, and physically we are all decidedly better. My wife was subject to severe sick headaches, but they ceased and she is enjoying good health and does her housework with ease.



We are more than satisfied with this "better way of living."

Yours very truly,

REV. C. B. BROMLEY,

MRS. C. B. BROMLEY.

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BOSTON, MASS., Feb. 27, 1898.

MESSRS. CHAS. C. HASKELL & SON:

GENTLEMEN:—I have received so much benefit now, for almost two (2) years, by rigidly following the general plan suggested by "The True Science of Living," that I am willing to speak a good word for the same whenever and wherever I can.

Yours truly,

HORACE P. CHANDLER,

53 Devonshire Street.

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VERTIGO, DROWSINESS, AND OBESITY.

PHILADELPHIA, PA., Jan. 8, 1898.

My heart is full of joy and my mouth ready to proclaim the results from the "Gospel of Health," to all who are ready to listen. I began on Nov. 24th—bought a book to keep an accurate log from day to day. I am here a living witness, to testify before God and the world what the advice of Dr. Dewey has done for me and will do for others.

Nov. 24, 1897, my weight was 252 pounds.

Jan. 8, 1898, my weight was 234 pounds.

A difference of 18 pounds in 43 days. A loss of nearly 7 ounces a day, and with no bad result—feel better by far. Drowsiness has left. Vertigo has gone, and although I am sixty years old, I feel 20 years younger than I did Nov. 24, 1897. I have bought the book for the wife, and hope she may earnestly adhere to its doctrine, and meet with the same results as I have.

With many thanks and best wishes I hope your reward may be great—if not in this world “In the world to come.” Any one wishing to see me in regard to the treatment, let him write and appoint the time to talk with me on this great important subject, and you can bet all you are worth I’ll be on hand.

Respectfully yours,

A. SMITH,

37 North Sixth Street.

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RHEUMATISM.

NORWICH, CONN., Feb., 11, 1898.

MY DEAR MISS G—:—I cheerfully comply with your request to give you my opinion of the “Dewey System.” At first I considered it all “bosh,” but the evidence of its beneficial effect on many of my friends entirely destroyed my prejudice.

Jan. 1st, 1897, I began to live on the plan, and have adhered to it strictly to this time. It

has given me a new lease of life. I soon began to notice an improvement in several ways.

The earthy deposit in my knees that comes with the years, and makes it difficult for the aged to go up and down stairs, soon disappeared. Rheumatism, for two years in my right elbow, also took its departure, and, best of all, my tongue, which had not been clean for years, soon "shed its coat," indicating improved digestion, which had been greatly impaired by many years' use of the *filthy weed*. I have received back my youthful appetite. I work with less fatigue, and am conscious of greater physical vigor. I have made many mistakes in my life, but adopting Dr. Dewey's plan of living was not one of them.

Sincerely yours,

S. C. WOODWARD.

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OBESITY.

NEWBURG, W. VA., March 15, 1897.

CHAS. C. HASKELL & SON,—On the 8th day of Feb., 1895, I adopted the system laid down in the work you publish, "The New Gospel of Health," for the reduction of flesh. On that day I weighed 314 pounds.

I have now used the system strictly for two years and over, and weigh 240 lbs., have better health than formerly and feel like another person entirely.

I was troubled formerly with drowsy spells and would go to sleep anywhere but I am proud to say that has entirely left me. I could not be induced under any circumstances to return to the old system and any one who adopts this system and adheres to it strictly will be benefited.

This testimony is given voluntarily, and every word in it can be verified. Will take pleasure in answering any questions concerning my case.

Respectfully,

C. C. SHOWALTER,

State Commander of the Order of Maccabees.

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HUNTINGTON, W. VA., Nov. 3, 1900.

MY DEAR MR. HASKELL:—I am averse to having my name in print, but my obligations to you personally for the last twenty years are such, and my experience of fairly rigorous fasting so favorable, that I am willing, if it can be worth anything to your projected book to testify that I took up that wholesome practice at your suggestion, and have followed it under your guidance, and from the first with increasing benefit.

I am with undiminished affection and gratitude,

Yours faithfully,

(REV.) JOHN MCCARTHY.

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SEXUAL RESULTS.

RISING CITY, NEB., April 5, 1895.

C. C. HASKELL, ESQ.,

Dear Sir:—I cannot tell all that this new

method of living has been and promises to be to us. Indeed it would take a long letter to tell how I found one of our members suffering excruciating pain in the left side of the head and shoulder and who had not had a night of rest for two weeks, whose hands trembled like aspen leaves, and how in about three days the pain was all gone, and in another an appetite to which she had been a stranger for a great while was restored, and how she has been healed of nervousness; or the many other benefits that I have seen derived from it.

There is another matter I find it hard to speak about in the best way. It has to do with an entirely unexpected result of the changed method of life. I always thought I was temperate in all marital relations, but from the day that I dropped breakfast there was immediately such a reduction of the animal, *contemporaneous* with an increase of all the spiritual forces of marital companionship, as to completely surprise me. This does not come from any reduction of the mental or physical energies, for I never walked so easily and never could do so hard a day's work as since I have followed Dr. Dewey's instructions. I had heard of no such results and did not expect them, and had no thought of such results until they were already realized. So there is here no case of mind cure, etc.

For these and many other things that I cannot

in a short letter relate, I thank God that I ever fell upon Dr. Dewey's books at that time in life when I could preserve and increase the powers of my body for a future of service more hopeful than ever before.

In regard to the above testimony, I leave it to your best judgment. Use it wisely, as only a desire to help others would have led me to speak of such personal matters. In the last few weeks through my words there have been over 30 who have taken up this method, and so it is too early to tell all that I may soon tell of the results.

Yours,

REV.——.

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DYSPEPSIA, HEART TROUBLE AND CONSTIPATION.

LYME, CONN., Sept. 28, 1900.

DEAR BRO. HASKELL :—We gladly recommend "The New Gospel of Health" to any and all who have not adopted it,—sick or well. We know of one, who calling himself well, began this system, and was much surprised at the newness of life which he soon experienced.

About four years ago we adopted "The New Gospel of Health" and more and more as time passes do we rejoice that we were led into this light,—eating and drinking to the glory of God.

Mr. Caulkins, who was under the doctor's care for dyspepsia and heart trouble, was immediately

benefited, and soon cured ; and for four years no doctor, no drugs, (not even what is called simple remedies) and *no disease*.

I was healed of constipation of twenty years' duration with its accompanying evils. "We speak that we do know and testify that we have seen." We have the light which cannot be taken from us, and continually thank God who brought it to us through our dear Bro. Haskell.

Yours in Him,

(MRS. H. M.) IDA J. CAULKINS.

H. M. CAULKINS.

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HEART AND STOMACH TROUBLE—OBESITY.

CORTLAND, N. Y., Oct. 11, 1900.

CHAS. C. HASKELL & SON.

DEAR SIRs:—I will tell you something of what the "No Breakfast" plan has done for me. When I first began to try it, I weighed 180 pounds, and was so lame that it was with great difficulty that I could go up and down stairs ; was short of breath ; had stomach trouble ; had palpitation of the heart and at times severe headaches. I did my work for two in a family with a great deal of suffering. I had to sit down to rest every little while ; was a burden to myself ; had such a sense of fullness and a great accumulation of gas.

Now, I have lost about 40 pounds of flesh and have nearly lost my lameness and have entirely

lost the stomach and heart trouble. So you see I have lost a good deal by the treatment. Not a drop of medicine have I taken. I can now do my work for three in a family with great ease. I can work around the house nearly all the forenoon, not thinking of sitting down to rest. I have been trying the plan for about one year and a half. I am nearly 67 years old, and feel better than I did ten years ago.

Yours truly,

MRS. C. R. HARMON.

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SIX YEARS' TRIAL.

YONKERS, N. Y., Dec. 13, 1900.

MY DEAR MR. HASKELL :—

I continue to live on the non-breakfast eating theory; and after six years have no reason or wish to go back to the old method of morning "gorge," and go to my daily work with a stomach full of undigested food and the supply of blood in my head—which I need for brain work—devoted to the business of taking care of a breakfast which I have not earned by eight hours of rest and sleep.

Faithfully yours,

(REV.) GEORGE F. PENTECOST, D. D.

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MENTAL DEPRESSION.

WINDSOR, CONN., May 24, 1900.

MESSRS. CHAS. C. HASKELL & SON :—

GENTLEMEN :—It is useless to try and enur



erate the variety of ailings I had until I began to practice "A Better Way of Living." I positively know that the prime cause of my trouble was stomach disorder, and my health was impaired to such an extent as to cause the worst kind of mental depression, despondency, a constant fear of insanity—suicide—death and many other thoughts that made my life extremely miserable.

Sept., 1899, "The True Science of Living" was suggested to me, which I ignorantly ridiculed, but under my circumstances I was willing to try anything for relief. In the meantime I had the good fortune to read Dr. Dewey's book, and at once saw my inconsistency and repented of the evil I had done.

While I am only a layman in Dr. Dewey's profession, I am convinced that the logic of his book will convince any one who has a spark of intelligence left to comprehend between right and wrong. I have read the book through twice, and can endorse every word that is applicable in my case.

This testimony is evidence of the good I have received. All pains and aches have left me. I have not had a cold since, and my worst trouble (Mental Depression) is decreasing rapidly, so I see a marked change daily.

I remain,

Very gratefully yours,

R. F. BRINKER.

WEST HAVEN, CONN., Sept. 10, 1900.

MR. HASKELL :—

DEAR SIR :—I am very happy to be numbered among those who have adopted the "New Gospel of Health," and, although I have an experience of only two months to-day, yet it is indeed very satisfactory.

I am sure I could not be persuaded to return to my former ways of living. I firmly believe there is, or can be, no limit to its healing power until Perfect Health is obtained. Outside of the Bible I think "The True Science of Living" is the grandest book of the age.

Yours sincerely,

MISS M. M. METCALFE.

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IRRITABILITY.

BUENA VISTA, VA., March 18, 1899.

GENTLEMEN :—Please accept my heartfelt gratitude for Dr. Dewey's book. It was a wonderful revelation to my family.

Six of us have followed its teachings for over a month and find ourselves already *very much improved in health*.

My little girl five years old willingly followed the teachings after I had explained to her the importance of doing so, and we are all *astonished* with the improvement in the child's health. In one short month she has lost all her irritability, which previous to this new way of living, had

been at times unbearable. She sleeps so well at night and looks so rosy that we are charmed with the results we received in so short a time.

I think I have found my mission at last, and that is to spread the "New Gospel of Health" among my friends and neighbors.

Sincerely,

MRS. MATILDA L. EMBREE.

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THROAT—BRONCHIAL—LUNG AND KIDNEY  
TROUBLE—CATARRH OF STOMACH.

LANCASTER, PA., NOV. 30, 1900.

CHARLES C. HASKELL & SON :—

DEAR SIRs:—Having throat, bronchial and lung trouble complicated with kidney disease of about eight years' standing and catarrh of the stomach, my condition was considered hopeless by physicians after a long course of medicine had been pursued. Finally inhalers and drugs were abandoned.

Learning that my usual living habits were the direct causes of my food turning into poison in the stomach, I began observing the natural laws pointed out by Dr. Dewey, which in a few days checked the manufacture or the very *origin* of the catarrhal poison that was finding exit through the lining membrane of the kidneys, lungs, bronchials, nose and other organs.

Later on, however, while steadily improving, three times I attempted to hurry the new meth-

od by the addition of tonics, liver pills, etc., which only retarded the progress of the cure decidedly each time. That put an end to dosing.

During the first several months, I became thinner and weaker according to the Doctor's warning, but afterwards gaining ten pounds. My digestion is greatly improved, ravenous appetite gone, constipation entirely cured, with a corresponding increase of energy in my work.

I have fasted three times about two months apart. The first time, my appetite arrived the fourth day; the second time, the second day and the third time, it came in a day and a half. Generally I eat one meal on Sunday, often none according to exercise taken. My first meal during week days is taken at twelve o'clock without ravenous hunger and followed by a very light supper, sometimes none.

Trusting my message will reach you in time,  
I remain,

Yours truly,

OLIVER N. ANDERSON,

146 E. New St.

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### LONG FASTS.

A multitude of people suffering with chronic disease have been restored to health and life by fasting absolutely from food for

a long period of time. We give the testimony of a few cases.

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If it is absolutely possible to have an infallible cure, it may be found in a *perfect fast*. To stop eating, to rest, relax and cleanse the body (inside and out) with pure water, will come nearer a perfect cure for all humanity than any other *one* method under the shining sun.

MARVIN E. CONGER, M. D.,  
CHICAGO, ILL.

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FORTY DAYS' FAST. ASTHMA.

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NORWICH, CONN., Dec., 1900.

MR. C. C. HASKELL:—

DEAR SIR:—I was converted at the age of 25 from a life of sin and a body full of disease, especially asthma. At 34 years of age, I was filled with the Holy Ghost and at that time became associated with a godly man, Calvin Morgan, who fasted *forty days*, and as a result of this fast a great revival swept through our town so that business had to stop.

As I looked at this man and saw his power and health, I was led to a life of fasting (for I was a great eater) and I became a small eater. God touched my body and healed me so that for the past twenty years, I have not used drugs, but by fasting have been kept in health.

Afterward more light came to me through the science of "No breakfast." I adopted it and have found that to be a great benefit, as well as fasting, and I have been kept in health by "The True Science of Living" which is the true life for Spirit, soul and body.

It is a treat to live free from disease, quickened and kept, by living according to God's order in every part of my Being, which is so joined together that the defilements of one affect the other. (3 John: 2) (1 Cor. 3: 16-17) If any one wants true life, yield to Him and let Him fill wholly and then live out His life by "The True Science of Living."

Yours sincerely,

CHAS. T. POTTER.

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TWENTY-EIGHT DAYS' FAST.

WHITE PLAINS, N. Y., Feb. 2, 1898.

DEAR DR. DEWEY:—I have been through a tug of war since you heard from me last, but am thankful to be able to report that a decided, and I am sure a lasting victory has been gained for "The True Science of Living." Your system is undoubtedly the best, even our enemies themselves, being judges. But really it becomes a serious question whether a poor sick mortal must die of existing disease, or be worried to death by prejudiced friends while following in the path of the truest possible

relief. This persecution comes from those who simply "won't" inform themselves. There are always others who prefer to be intelligent, and while looking on with astonishment and trembling, still watch the process with intense interest and become thorough converts. Reformations, of course, always demand their martyrs to the cause.

I have had a fast of four weeks, the first fortnight of which seemed a simple contest with Malaria, just such as I have previously experienced, without being so situated as to continue the fast, though feeling that it would be an advantage to do so. This time I had resolved to venture all on a thorough job, and if possible, a cure. About the end of the second week I began vomiting bile. This development gave me new courage, as in all the two years of treatment in this country, nothing had before seemed to reach the liver. Once in 24 hours this feature continued to increase in quantity and in foulness. Then it came in great mouthfuls and in a pasty form and a harder crusty form in bits and pieces, and a bleeding with it, with a dreadfully disagreeable condition of mouth, tongue and throat, etc. On the 25th day came the first action of the bowels; a copious evacuation of this same mass of corruption. On the 28th day I ate a dinner of roast mutton (broth first), potatoes and peas, bread and butter, and custard pudding, with such

a relish as to make eating one of the fine arts of life. I doubt if in all my half-century of life I have ever had so clean a tongue, nor can it be matched by any of my friends. To-day with no less keen relish I shall eat my ninth noon-day dinner. I thrive best always on one mid-day generous meal. I am sleeping deliciously, sometimes as much as ten or eleven hours a night. I am taking daily walks of an hour at a time, though still a little weak in the knees, and of course some ten or fifteen pounds of flesh are still to be regained. But I feel now that Nature has found my hidden trouble and has disgorged it, and that now I am to be a well woman, with life and life work given back to me. Nor do I believe for one moment that doctors or medicine or treatment would have brought it to light, till in time it would have developed into some dreadful disease. Am I right on that point?

Whilst I feel, Dr. Dewey, that it is only right that you should have this testimony, I only ask that you will not give publicity to my name.

An enforced doctor's visit came just when I could exclaim: "I'm cured." His keen interest; the newness of the whole thing; his inquiry into particulars; his kindness and patience; his eagerness to learn; his quickness to take advantage of my offer to loan him your books; his exclamations of "Wonderful, wonderful," all, I



think, look hopeful for converts in the profession.  
I trust it may so prove.

Yours gratefully,  
A RETURNED MISSIONARY FROM PERSIA.

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## MELANCHOLIA.

DR. EDWARD H. DEWEY.

MY DEAR SIR:—It is now just a year since I, through the meeting of Dr. B. B. Perkins, became acquainted with your two very valuable books. I have converted quite a few to this better way of living, but the most striking case of all, and one that has aroused the deepest interest of physicians and instructors of medical students, I am at present watching and directing. It is the case of a young lady of 22 years who developed into a melancholy state, with the tendencies for self-destruction marked.

The first medical adviser called and in consultation with a nervous specialist (both instructors in a Medical College) ordered her sent to an asylum, where she stayed for two and a half months with *no* improvement. The next, a surgeon recommended an operation, at which her parents hesitated, then consulting another surgeon, he found no cause for operating, but recommended them to another *Nervous Specialist* of the other school, who was an instructor in our "Medical Schools," his method being forced feeding, with massage,

walks, etc., under the direction and supervision of a trained nurse. Her width across the hips, as per the idea of the doctor, was too large, and so no doubt, he believed he could reduce the same by ordering five meals per day with an utter disgust on the part of the young lady, the methods used at the asylum being of the same type, and where the young lady at times would throw the glass of milk and crackers out of the second story window. "It was a disgrace of the 20th Century for two reputable physicians to sign their names for the approval of having her confined in such an institution." Such was the expression of this last specialist, though his method to my ideas seemed but little more of advance in the direction of truth and improvement. I wrote a letter to this physician, and upon a request to call did so, after which he gave up the case.

I had made my views known to the parents and daughter when the case commenced, and after the failure of these methods they decided to let me have charge of the case, which was on Sept. 30, 1899. I at once requested them to send her to the house of some friends to whom I made my views known. We then discharged the nurse who had gone with her. With doctor and nurse gone there was free room for Nature's victory (the young lady being as deeply interested as any). We put her upon the rest which was the only needed sign since her first signs of

breakdown appeared, Oct. 2d, at the supper-table being the last meal she has taken up to to-day, Nov. 9th, this being as you will see the 38th day of her fast, with cheerfulness and strength holding full sway. I put her to bed on the first day, to which she kept, with an occasional day in the rocker, until the 11th day, when she took a walk of about one mile. Then she rested indoors until the 20th day when we went to church, walking a little over two miles, with no fatigue or tired feelings. I forgot to mention that we had been out driving in the bracing air for over three hours in the afternoon. 21st and 22d days, indoors, walking and working around the house, reading, etc. 23d day walked through the country for three miles, stopping at friends to enlighten them upon "Nature's Laws;" 24th day, eight miles, no fatigue; 25th day, between seven and eight miles, no fatigue; 26th day, walked one and a half hours; 29th day, rainy, no walks; 30th day, walked in the evening for two and a half hours; 31st day, walked seven miles, no fatigue; 32d day, rainy, no walks; 33rd day, went to the Exposition, walked all day from 2 p. m. until 11.30 p. m. (with rest while at the performance we attended of not over one and a fourth hours), this being the only resting, possibly two hours, during the whole time.

Weight taken at the start, 140 pounds; at the Exposition, 125 $\frac{3}{4}$  pounds, no sense of tired feeling, but hunger started to assert itself for a period of about three hours, after which it passed over.

34th day, went driving ; 35th day, walked one mile, then went to the asylum to show the results. The physicians in charge were simply astounded, and would hardly believe it possible for one to be so active while taking no food. I believe we have done quite a little good there, as they have expressed the desire to try the same on others. They examined the tongue, and took the pulse, finding both in good normal state ; in the evening walked another mile visiting the other doctors whom her parents called in. 36th day, walked one and a half miles ; 37th day, walked seven miles, hunger sensation becoming very decided.

I have given you a sketch of this case because it seems to me an unusual one owing to the great activity.

November 18, 1899.

Miss Kuenzel's hunger arrived as per Nature's demand on the 45th day at noon. One poached egg and two slices of toast (whole wheat). There was an intense relish for her simple fare, but not the least sign or desire for haste in eating. She was amply satisfied for the day, and relished the same bill of fare and quantity for the 46th day, with a very slight lunch in the evening. We had been to the Exposition the night of the 44th day, when the tongue again started cleaning and most distinct craving for food presented itself. It persisted on retiring, and also the next morning when she felt that Nature again was ready for

her wonderful chemistry of digestion. I had her weight taken after her first meal, which revealed a loss of 20 pounds. We called to see the professor under whom she was last placed, and he was surprised with the clearness of her mental condition and good general appearance, though he observed she had gotten a trifle thinner, but which he had also in view to accomplish upon a five-meal plan per day. He tried his best to confuse and trouble her with questions, etc., but found her too intensely awake, and she won the victory by cornering him in his own set traps. We received his congratulations and were made to promise to call again. I have now been with her to seven physicians who were interested and have shown them Nature's own unhampered work.

Miss Kuenzel has now an intense desire to help others. You are at liberty to make use of Nature's work in her case for the benefit of others and I will be only too glad to give you any desired information that may be of use. The good work you have started will, I am sure, never end, and it will prove a pleasure to me indeed to work with added interest for the benefit of those in need of the same in the future. Believe me, yours ever, for those in need of enlightenment.

HENRY RITTER.

633 Montgomery Ave., Phila., Pa.

FORTY-FIVE DAYS' FAST.

PHILADELPHIA, PA., Dec. 12, 1899.

MY DEAR MR. HASKELL :—

I have received your letter of the 9th inst., and at last find time to fulfill the request for a statement. In regard to my *wonderful cure* through "The New Gospel of Health," I would state that the second week after Christmas, 1898, I first had a paralyzing effect which affected the right side of face, body and limbs, also tongue, which nearly prevented my speaking. This passed over and I again began working at my position as milliner in a large establishment, and after a short while became so dizzy and confused that I was compelled to ask my friends to direct me home. (This was around Easter, 1899.) I was then taken to a doctor who at once requested me to stop working, and to take a *complete rest*, but not for the stomach, as he prescribed a severe and exacting master to stimulate the *tired and overworked stomach* to *renewed life*, and so give the nerves plenty of pure food, as they were in need of same. I then, after getting a ravenous hunger, weakened myself still more and became worse. My stomach felt numb and paralyzed, as did also my other internal organs, but this was put down against me as an illusion. So a *Professor of Nervous Diseases* was called in consultation, owing to my many desires to die (as life had no sunshine, flowers or music for me), I was simply living a living death of

torture which these professors would have were illusions. My parents were then informed that I must be sent to an asylum, where I was for ten long weeks. *They* also told me that my feelings were illusions, and proceeded to banish the same by giving the *tired out nerves a little rest and plenty of nourishment* on a *five meal* plan per day. If refused (owing to a loss of appetite) I was threatened to have nature helped by the aid of a stomach or nasal tube. I lost none of my illusions while there, as I could not feel any improvement in my feelings. I left the institution June 28, 1899, feeling no better, in fact worse than when I arrived there. I was then taken from one doctor to another, the one wishing to operate the other not, one advising me to go to the seashore, country, etc., but *none* to give my stomach the needed vacation.

It was then that my friend, Mr. Ritter, stepped in, as he saw the failure of professors and specialists, and begged my parents to let him have a chance to demonstrate what Dr. Dewey's method would do for melancholy illusions and tired out stomachs and nerves. I then went to friends, and, in entire ignorance of my parents, began, under the directions of Mr. Ritter, the most natural, sensible and cheapest of all cures. I began my fast on the 3rd of Oct., and broke the same on the 16th of Nov. During the first week of my fast I was in bed, during the second (excepting

the 11th day, when I took my first walk of seven-eighths of a mile) I was in bed, in rocker, reading, etc. On the 20th day, after a drive of three hours, went to church, walking two and one-sixteenth miles. I then stayed indoors again on the 21st and 22d days, and then started taking daily walks (weather permitting). I went out walking 23 out of the 45 days of my fast, and during that time walked 112 miles. This was besides the carriage-drives, exposition and evening gatherings (walking to same included). I did not in the least feel tired or weak, but happier or brighter each day of the fast as I could feel the effects of a new life throughout my whole body. My mind also became clearer and dizziness a thing of the past. This was indeed *joy supreme to me*, and life became once more a joy instead of a burden. Sunshine, trees, flowers, etc., again made an impression, and what is it not all now to my parents, sisters and friends to see me in my happy normal state of health.

I have gone through a year of unspeakable torture brought on by overwork and *humanwise professors*, but at last, through the wonderful teachings Dr. Dewey has given to mankind, and through a friend who was able to preach the "New Gospel of Health," am now well, strong and happy. May God only help and bless the many sufferers throughout the world (especially in the asylums) with the rays of this Gospel. I



have been saved no doubt from a gloomy future, and may such be the realization of many more unfortunate souls is the sincere wish through experience of

Yours very sincerely,  
ESTELLA F. KUENZEL.

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FIFTY DAYS' FAST—ASTHMA AND DROPSY.

PHILADELPHIA, March 17, 1900.

MR. CHAS. C. HASKELL.

DEAR SIR :—Mr. Ritter has informed me of your request for a brief statement in regard to myself and cure through the teachings of Dr. Dewey in his "True Science of Living."

I contracted a cold in the fall of 1898 which developed into severe trouble regarding breathing, and which proved so stubborn against the aid doctors wished to give me, that I had given up hope.

Last summer, 1899, dropsy began to appear in my limbs and matters became so bad that walking was becoming impossible. This with the difficult breathing and impossibility to go to bed for rest made life a burden indeed.

I was informed through friends of the doctor treating me just before entering upon my fast stating :—"Drugs did not act upon me, and that no doubt death would be a matter of but a week or two at the longest." I could only look forward

to this gloomy end when the rays of the "New Gospel" brought hope (though but slight at first) through the care and encouragement of Mr. Ritter, whose advice I followed throughout.

It is indeed a blessing to me, and I hope to others, to be able to state that I feel assured that there is no *cure* or *method so simple, so painless, so quick* in its results. I was able to retire to my bed on the fifth day of my fast and became stronger, each day working during the morning at my business, and in the afternoon taking a walk if the weather permitted. I lost 70 pounds, mostly water, during my fast of fifty days, and since breaking the fast on March 1, 1900, have regained 11 pounds up to to-day, the 17th inst.

Trusting this will be of some aid to you and those in suffering, I am,

Very truly yours,

LEONARD THRESS.

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NINE MONTHS LATER.

PHILADELPHIA, Dec. 12, 1900.

MR. HASKELL :

DEAR SIR :—In answer to your letter, I can state to you that I am in Perfect Health and free from all the diseases that I had.

It sometimes seems a wonder to me that no relapse has followed, as several of my friends and others were sure that I would have one. I have

enjoyed good health ever since I stopped fasting, and enjoy two meals a day with good results.

I can do my work with ease, and have gained since the first of March 43 pounds. My weight now is 170 pounds.

Respectfully yours,

LEONARD THRESS.

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TWENTY CASES OF LONG FASTS.

PHILADELPHIA, Sept. 20, 1900.

MY DEAR MR. HASKELL :—

In regard to the benefit I have derived through Dr. Dewey's teachings, I can only speak in a personal way of the far higher tone of health I now possess, and the exceeding value my morning hours possess at present compared to those of former years *with* breakfast.

This is but the minor value derived, as my best work and results of "The New Gospel of Health's" great and wonderful efficiency have been demonstrated upon others. You are aware of the many long fasts that have been mine to direct, the successful outcome of which have been heralded by the press throughout this, and, no doubt, foreign countries. I have directed over 20 cases—the longest 50 days—two of 45 days and two of 42 days—the others running in the majority of cases from 25 to 40 days.

You see from these figures the value and im-

portance of these truths practically applied and proven to be such. The ailments in these cases were various,—Dropsy, Melancholia, Rheumatism, Bowel Troubles, Stomach Disorders, General Weakness, etc., etc. We must not overlook the fact that the majority of diseased conditions (whatever the name) have their foundation in weakness of this or that organ, made possible in most cases through over-eating, eating at improper times, improper food to suit conditions, etc., etc., in connection with impure air and water.

I trust this will encourage others to make the effort to get and keep well through the enlightenment given them in the pages of "The True Science of Living." May it bring hope and relief to the many who are in need is the sincere wish of,

Yours sincerely,

HENRY RITTER.

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FROM "CHESTER COUNTY TIMES."

PARKESBURG, PENN., March 23, 1900.

*More Startling Evidence that Nature Can Cure  
Without the Aid of Medicine—Fresh  
Laurels for Henry Ritter.*

It is often remarkable how persons in apparent obscurity will suddenly come to popularity and prove benefactors of their race. Not many years ago Dr. E. H. Dewey was an unknown physician

in Meadville, Pa., and to the average outsider, pursuing his way as the ordinary physicians, supposing that they know it all, and that if their medicines and medieval remedies won't cure the patient must die, and it is blindly accepted as a dispensation of Providence and unavoidable. But at heart Dr. Dewey did not believe what he practiced, for he got a single ray of light away back in his early years, and for twenty-five years he carefully followed its leading until by ample experiment he was ready to reveal his discovery to the world, prepared to prove what he said. And, as we have before stated, he did not make use of this God-given talent to enrich himself, but freely gave it to the world that needlessly suffering humanity might be relieved. That this might be accomplished God brought Charles C. Haskell, of Norwich, Conn., a Christian publisher of means, into contact with the value of the discovery by his own delivery from the grave thereby. He placed Dr. Dewey's discovery in the hands of the public by publishing "The New Gospel of Health," and later "A New Era for Woman." Mr. Haskell can tell much to prove the reality and value of this great truth, so long slumbering, and those interested in the health or cure of their friends will find him very willing to assist them. For some six years or more since these books were published the truth has been slowly spreading, but it remained for Henry Ritter, of our own

city of Philadelphia, to give it a fresh impetus by demonstrating the extreme phase of wonderful cures by long fasting. He has perfect confidence in the results of what he does and is ready to prove why it should be so. His first case was that of Estella F. Kuenzel, given up by many physicians and even confined in an insane asylum as a hopeless case destined for an early grave. See particulars in our issue of February 9th. We met her personally this week and found her the very picture of robust health, thus enjoying a revenge on the dispensers of useless medicine who are led to marvel at her cure proven beyond assailable. Then Leonard Thress, another hopeless case of the medieval physicians, whose case we described so fully March 2d, solicited Mr. Ritter's help, and now he is a well man, restored to his grateful family, a living proof of the living truth, ready to testify to any one of his restored life.

And now just such cases as these are multiplying under Mr. Ritter's care, who gives his service without money or price.

#### FORTY-TWO DAYS' FAST.

January 21st there was in her pleasant home 2921 North 8th Street, Miss L. Westing, a talented teacher of music and sweet soprano singer in one of the large churches, her life made miserable for several years with a general debility, severe pains in the back and lack of vitality or

ambition, making her a burden to herself. Being naturally very frail it was not thought she could live long without food, but after seeing the good results in Mr. Ritter's other cases she decided to try at least a fast of eight or ten days, as possible of doing her good in many directions, without the least harm to her health, and on January 22d she began her fast, which, remarkable as it may appear, she did not break until the forty-second day. Her weight at the start (only 110 pounds) dropped 17 pounds, or to 93 pounds in the forty-two days without food. On beginning to eat after the long rest to her stomach not the least protest or discomfort was felt. Taking into consideration her frailness at the start, and the cold weather during the fast, makes this one of the most remarkable examples of the power we have within us to exist without food, while healing disease or giving our internal organs complete rest to permit nature to follow out its Divine law and desire, to heal the sick. During the entire time she continued her duties as usual and was always in her place in the choir. On the fortieth day of the fast she walked a large part of the distance to the church, which is some three miles or more from her home, and her voice showed no weakness, which under these unusual conditions was a surprise to even Mr. Ritter, who was there to ascertain its effect. On arrival home she found that her mother had arranged a tempting dinner

to induce her appetite, but although she served the others she ate nothing, nor was there anything but cheerfulness nor any sign of fatigue. On the forty-second day, however, she ate with a relish, and like the others found that all her old troubles had disappeared and like them also she is a living witness ready to impart the truth to others.

#### FORTY-FIVE DAYS' FAST.

Another case is that of Mr. A. Heym, who may be found at the corner of Ann and Canal streets: January 20th found him suffering from a severe headache, which was his companion 365 days in the year, caused by disordered working of the liver, and in addition an unpleasant catarrh, and these of ten years' standing. January 21st he commenced to fast, and at the end of forty-five days, March 7th, he broke it, and now enjoys a freedom from headache and his other troubles are rapidly improving. The work done during the fast was hard and no time was lost. His loss in the forty-five days was 25 pounds, and he is regaining them rapidly.

Mr. Ritter has now a case of stomach trouble in the twenty-fourth day of fasting, which will be one of the most startling in its results, as certain developments have made it a study for thought and reflection of the most serious nature.

He has another remarkable case of chronic



rheumatism now in the twenty-first day of fasting. The lady had an arm stiff and helpless against her side and was told by her physician he could do nothing more for her, and now she is moving her arm and improving nicely. We expect to give the names and further particulars concerning the results in these cases later.

THE FASTERS' FEAST.

There was assembled in Philadelphia Tuesday evening of this week the most remarkable company that has ever been together. Mr. and Mrs. Leonard Thress feel so thankful and happy for his wonderful cure that they conceived the novel idea of giving a sociable to those who have recently been cured by fasting, to which were invited the fasters' families, Henry Ritter and the editor of *The Chester County Times* and wife. There were present Leonard Thress (fasted fifty days), wife and daughter, Miss Katie; Mr. C. A. Kuenzel, wife and daughter, Miss Estella (fasted forty-five days); Louis Westing, wife and daughter, Miss Lizzie (fasted forty-two days); Miss Annie Geigelman (fasted seventeen days); Mr. August Heym (fasted forty-five days); Mr. Albert Oldach, Miss M. Reotl, Miss Nettie Berretta and Henry Ritter. This famous gathering brought together as never before such a company of human beings that have so thoroughly demonstrated and verified the teachings and logical

deductions of such a master mind as that of Dr. E. H. Dewey, and that the evening was pleasantly spent can only be imagined as we try to realize the happiness of those who have been snatched from the grave; and there must have been an humble feeling of gratitude and praise to a kind Heavenly Father who has granted them this great blessing through the human instrumentality which He has thus used for His glory and their gain, and we hope they will use the life thus given them for His service, in which they are so much needed in this fast age of forgetfulness of God and His dear Son, our Saviour. Miss Westing, her father and Mr. Heym added to the enjoyment of the evening with songs and duets, and Miss Kuenzel and Miss Thress with selections on the piano. The arrangements and decorations of the table, the work of Mrs. Thress, assisted by her daughter, Katie, were as refreshing to the eye as were its viands to the taste. It was spread for eighteen persons, with large palms at each end and fruit and cake at spaces between the same. How they would have rejoiced to make Dr. Dewey glad by having him sit at the head of such a table with them, where so many recent fasters were enjoying their second meal of the day. A flash-light picture of this happy group may be seen at *The Chester County Times* office, as well as a picture of the fasters at various stages of their fast. After doing proper justice

to the feast and enjoying an evening of happiness, all retired to their homes resolved to do more work for the "New Gospel of Health" as a part, we trust, of their future work for their dear Saviour, who has so exceedingly blessed them.

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## EIGHTEEN DAYS' FAST.—ASTHMA.

MIYANOSHITA, JAPAN, July 15, 1896.

DEAR C—— AND F—— :—

I have had an "experience," lately, as they say in camp-meeting, and must tell you of it. I believe I wrote you, in sending for Dr. Dewey's book, that I was testing his method, and going without my breakfast. Well, in my case, I met with disappointment here, for although at first there was decided relief in not forcing myself to swallow the breakfast I always so dreaded, yet, after ten days of trial, I found still the same aversion to my other meals. But I was not discouraged as to the method itself from this, and only reasoned that I needed to apply it differently. I was so convinced of the rightness of the principle that I felt if it did not seem to square with my experience, my experience must be made to square with it. The only question was the way.

After thinking the matter over, I resolved I would not eat at all until hunger came. Mrs. B—— called just then, and encouraged me in my determination. This was the evening of

June 23rd, and I had just finished a light supper with my usual disrelish. "By to-morrow night, I shall probably feel hungry," I said to Mrs. B——, who agreed with this. However, we both proved wrong in our conclusions; the next evening came, but no sign of hunger or lessening of my aversion to even the thought of food. It was the same the next evening and the next. A mouthful of ice-water and a little ride in the open air, or even a half hour by my open window, seemed to allay all faintness, while, strange to say, I began to improve in many respects. To be sure, I did not feel equal to walking and I felt obliged, too, for a few days, to give up my classes, but otherwise I continued my work—writing, preparing for Miyanoshita, receiving visits, etc. I had suffered for so many years through distress from eating, even though better at times (as I have told you) that the present state of things seemed relief in comparison.

Well, this went on day after day—I growing better instead of worse, and actually forgetting about there being such a thing as eating. It was a strange experience. I seemed really "living on air—" a different kind of being. Yet, all the while, there was no sign in my face that I was fasting, and my voice was strong and clear. Mrs. B——, who often ran in twice a day to see what was going on, had no words in which to testify her surprise, especially when the days began to

number nine—ten—eleven, and the time of my leaving for Miyanoshita drew near. "You surely will not think of taking that very fatiguing journey without food," she said. I replied I was living by the day, and could tell nothing till the time arrived. Eager as she was that I should be able to eat once more, she still feared my courage would fail before I had given this method full trial. I assured her she need not be troubled: when hunger came, I would eat; not earlier.

At last the fourteenth day arrived—the day of my leaving Tokyo. Not a single mouthful of solid food has passed my lips since the evening of June 23rd. I had indulged in my morning cup of coffee only, with a small cup of tea, occasionally—not always—at three in the afternoon. Twice, also, I had received the Holy Communion, and perhaps it was "in the strength of that Meat" I had been going these fourteen days. On this special morning I felt unusually bright and well, and there was not a doubt in my mind that I was to take my journey with no other refreshment than the cup of tea brought me on starting. (I have neglected to say that I took my large Bible class on Saturday evening (this was Tuesday)—and those who knew my secret discovered no change in either my voice or appearance. On Sunday, too, I taught, went to church, and received calls from Bible students and others.) Well—to return to my journey—which I bore not

only without the usual exhaustion, generally taking several days to recover from, but without fatigue of any kind. I indeed felt sorry, almost, when it ended, I so thoroughly enjoyed every moment. I thought that now, at least, my aversion to food would disappear and my appetite immediately return, with the fine air I was breathing. It was a real surprise to me, therefore, to find myself continue the same. I arrived on Tuesday, Wednesday passes—Thursday—Friday. Saturday came, the eighteenth day since I had tasted food. I was (and had been for about six days) suffering from the most peculiarly distressing taste in my mouth that I have ever experienced since having the typhoid fever years ago. My teeth, too, were coated—like the tongue—and to eat, under such circumstances, seemed impossible. However, just as I was beginning to ask myself, “What is to be the end of all this, and when will the end ever come?”—on Saturday afternoon, at about three o'clock, I said to O Raku San, “I really believe my mouth is better, and I think you may order some tea.” The tea came. I took a small cupful—the first with any real relish, since the commencement of my fast, much as I have always enjoyed it. As I lay on the verandah sofa afterwards, I said to Raku, laughingly. “That cup of tea made me love everybody!”

Well, I thought that was enough for that day,

but, no—the faintness, this time stayed. I took the ice water, but it failed to help me. Chicken broth came to my mind, and—better yet—beef-steak ; but the hotel was given up to preparations for the Sunday guests now arriving, and for the great dinner of the week, so I returned to my first idea of the broth, and soon had an order for it sent to the kitchen. It was brought me by 6:30—exactly eighteen days from my last meal, and never was broth more relished, only that feeling, while taking it was—“If it were only a solid !” it would have been better, of course, and my sleep that night more natural than it proved. However, the steak was ordered the next day, and came at noon with the snow-white potatoes I craved ; and—since I was a child just recovering from illness—I never remember anything tasting so good. The lighter evening meal was the same, only that taking it at too late an hour, I suffered, in consequence, all night. Mrs. Yamaguchi (the wife of the proprietor) has now very kindly arranged to have the cook attend to my dinner separately, that I may have it at six o'clock, four hours before bedtime. She has been sincerely distressed all along that I have eaten nothing, yet so impressed (both she and her husband) about the common sense of the method, that, on reading the Japanese pamphlet I gave them of extracts from Dr. Dewey's book, they at once abandoned their breakfast, and have

done without it ever since, hardly missing it, she tells me.

Now, as you may suppose, I am steadily improving from day to day, and really, this time, have ground for believing I shall eventually regain my health.

What has helped me to go through with all this has been, in part, discovering, just beforehand, that my terrible nights, the past four or five years, have been chiefly due to asthma, which I never knew I had. The first warm weather this year so developed this that I was obliged finally to give up going to bed at all, and would sit up, the greater part of the night, in my rocking-chair by the window, or on my lounge. This, and my other serious trouble, indigestion, however, as in the case of others, may disappear after the rich blood produced by means of this wonderful method—God's natural provision, it seems to me, for retaining the health of the body—has found its way into the system, so I am very hopeful, and already, in both of these directions, much better. Give thanks for me for such a mercy!

Affectionately,

A—.

*January, 1897.* The above letter was written about seven months ago. I would add that I have had no return of asthma since, and have been steadily improving in other respects. Dur-



ing the eighteen days of my fast, I lost only about six and a half pounds in weight, which were regained in the following eighteen. I am restricting myself to two meals daily—at eleven and half-past five—the second a very light one, and eat these with keen relish. My trouble having been one of such long standing, and my work here often interfering with the strict carrying out of the method I am now following, my progress is necessarily slow. I hope, however, it is sure, and that in due time I shall find my health fully re-established.

---

#### WHAT EDITORS AND THE PRESS SAY.

A book written by a man with a *burning conviction*, and bearing an introduction by an eminent preacher who has tested the treatment recommended in and found therein, a great reinforcement of intellectual and spiritual power, which he attributes directly to having followed its teachings, is sure to have more than a kernel of truth in it, and written in a lively conversational style, will not be “heavy,” or a bore to those who read it.

*The Independent*, New York City.

The present book will surely do a service to mankind, and we commend it to our readers

with the belief that they will find much that is profitable between its covers.—PROF. R. H. CHITTENDEN, Yale University, in *Dietetic and Hygienic Gazette*, New York City.

Try it for yourself and you'll see *how your capacity for work will increase.*

*The Sun*, New York City.

Try it patiently and see if Dr. Dewey is not right.

*The New Unity*, Chicago, Ill.

Those who read the book and follow its suggestions will be "happy ever after."

*Human Nature*, San Francisco, Cal.

He has made many converts already, some of whom are eminent persons and all of whom appear to be sensible and thoughtful.

*The Congregationalist*, Boston, Mass.

He (Dr. Dewey) has given a scientific basis for the belief, which no one else has done. There isn't a home in the land where the books will not do good. It is a family physician in the best sense, for it tells how to avoid being sick.

*Crawford Journal*, Meadville, Pa.

The book is a *remarkable one*. Dr. Dewey's work is an outgrowth of thirty years' experience, and he strengthens his theories by the testimony of many cases.

The treatment of the topics of drinking and smoking is strong and worthy of reading in every home circle.—*Union Signal*, Chicago, Ill.

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*The Chautauquan*, Meadville, Pa.

No medicine is required—no faith—no theory.

*Ashtabula Sentinel*, Jefferson, O.

In his (Dr. Dewey's) remarkably successful practice of more than thirty years, he has been a close observer of the effects of food and medicine upon the sick, and he gives the result of his observations in a way that all can comprehend. *We wish his book could be placed in every home in the land.* We believe that even the attempt to adopt this "New Gospel of Health," would

mentally, morally, physically and socially elevate mankind. Living evidence of the soundness of his position meets us at every turn.

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This handsome volume may well be called "The New Gospel of Health." It can well say "Behold I bring glad tidings of good," for it is a welcome evangel to all sufferers from whatever cause.

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*Gravesend and Northfleet, England.*

This book is undoubtedly the *best interpretation of the laws—the natural moral laws—of health*, yet written. Acting on Prof. Herron's suggestion, I would recommend it to all who are interested—as all ought to be—in the subject treated.—*The Kingdom, Minneapolis, Minn.*

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*Reformed Church Messenger*, Phila., Pa.

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*Morning Bulletin*, Norwich, Conn.

This book is unique, not only in its subject matter, but quite as notably so in the depth and intensity of conviction which characterizes it.

*Hartford Post*, Hartford, Ct.

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*Educational News*, Philadelphia, Pa.

This book puts before the reader a better way of living than that which characterizes the great majority of people.

*Medical Journal*, Charlotte, N. C.

I must confess that I thought you were a little extravagant in the personal letter you wrote me some months since, urging me to read the "True Science of Living," and try its suggestions, but now if you can say anything more in its favor than I can, you will have to get up early and

work very hard and very late. I consider that *the book has already been worth its weight in gold to me.*

W. H. CLARK,  
Editor *Standard*, Cortland, N. Y.

---

TWENTY YEARS' EXPERIENCE.

MEADVILLE, PENN., February 28, 1895.

Dr. E. Dewey has been my family physician for *more than twenty years*. His reputation as a physician and character as a man are above reproach.

His methods have been used and are now used by many persons of my acquaintance, and his practice of treating the sick has been followed in my own family with excellent results. I believe humanity would receive very great benefit from a knowledge of Dr. Dewey's methods, and hope his book, which I have read with interest and pleasure, will have a wide circulation.

E. A. HEMPSTEAD, (Ed. *Crawford Journal*).

---

FROM MEADVILLE, PENN., THE HOME  
OF DOCTOR DEWEY.

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MEADVILLE, PENN.

Dr. E. H. Dewey has been known by me for many years, and has been my family physician. He has *phenomenal success* by a very simple and



common sense treatment, a treatment that cannot be too widely heralded.

SAMUEL P. BATES, (LL. D.).

(Formerly Dept. State Supt. of Public Instruction of Pennsylvania. State Historian.)

---

TWENTY YEARS' EXPERIENCE.

MEADVILLE, PENN., May 12, 1894.

Doctor E. H. Dewey has been my family physician for *over twenty years*, during four years of which he was in constant attendance, therein affording me ample opportunity to judge of the correctness of his theories. From these opportunities and personal observations I feel satisfied that he has discovered the *true method of treating disease*. He relies upon assisting nature by a system of rules governing his patients whereby he restores them to a full vigor of all their faculties, in which he has been so successful as to appear in some cases *almost miraculous*.

I have no doubt that he has arrived at and discovered the *true method of treating diseases*, and it affords me much pleasure in giving publicity thereto.

THOMAS RODDY,  
(Attorney-at-Law).

---

CONSUMPTION. .

MEADVILLE, PENN., May 13, 1894.

It is with great pleasure I speak of the result of *nine years'* following Dr. Dewey's system.

Consumption was deemed inevitable by my family and friends, all remedies having failed to do more than allay, for a short time, the hacking cough which was fast consuming my strength.

Nine years ago last February I was put upon this plan. To-day I have *perfect* health, and have nearly completed a year's arduous-labor in the schoolroom without having lost an hour's time or taking a dose of medicine. Better than all, by the wise instruction received, I know how to keep well.

IDA B. CLARK, (Teacher).

---

GREATEST DISCOVERY OF THE AGE—EIGHT YEARS'  
EXPERIENCE.

MEADVILLE, PENN., May 12, 1894.

Dr. E. H. Dewey has been my physician for the past twenty years. For the last eight years I have practiced his system, and am convinced that he has made the *greatest discovery of the age* in medical science.

My health has been better, and I have required no medicine whatever under his system of treatment.

I have also observed the effect of his treatment in others, and the result has been remarkable, not to say marvelous. A wider promulgation of his theory of treatment would, I believe, be of great benefit to the human race.

JOHN CALVIN, JR., (Editor *Morning Star*).

## RHEUMATISM AND OBESITY.

MEADVILLE, PENN., Jan. 5, 1895.

I regard the Doctor's logic set forth in his new book as the very best of the present age, and I believe that I owe my life to it. At the time of commencing this treatment I was a burden to myself, with no ambition nor strength, weighing about 240 pounds. I had been a grievous sufferer with rheumatism, and for a whole year my life was a torture that totally disabled me from all labor. I have been under it for about *five years* now. Am a well, strong woman, my weight at writing being 172 pounds, and I feel that *I can truly, truly recommend it to suffering humanity as the very best of the present age.*

MRS. MARY GLANCY.

## TWENTY YEARS' EXPERIENCE.

MEADVILLE, PENN., May 12, 1894.

Dr. E. H. Dewey has been my family physician *for more than twenty years*, during which time we have been upon terms of the closest personal and professional intimacy and friendship. The Doctor's system in the treatment of disease has been by him a method of gradual development from experiences in his own practice as a physician. I have adopted his suggestions with great benefit, and know where they have been of *incalculable good* to many others. His whole method is directed at the very seat of most of our troubles

and with great success. The remedial effects reached by the Doctor's method ought to be known by all.

C. W. TYLER, (Att'y-at-Law).

---

THIRTY YEARS A CHRONIC DYSPEPTIC.

MEADVILLE, PENN., Nov. 21, 1894.

I had been a chronic dyspeptic for over thirty years, gradually but steadily growing worse; tried drugs and nostrums without number, sometimes with temporary relief, oftener without. *Life was a burden.* When Dr. Dewey took me in hand I had been for over a year dragging along on a diet of milk and patent foods. My stomach would retain scarcely anything. Dr. Dewey came to see me as a friend. He said 'he had been making a special study of stomach diseases and believed he could cure me. He would charge nothing. Although I had lost faith in all human help I could hardly refuse such an offer. His system as he explained to me could certainly do me no harm and I was the drowning man ready to catch at any straw, so I told him to go ahead.

I have now passed my 70th birthday, am enjoying *greater vigor and strength* than for twenty years and see no reason why, if I adhere to the Doctor's rules, and barring accidents, I may not live until the system is completely worn out like Dr. Holmes' one horse chaise, and all go down in a heap.

W. A. McCLURG.

# SOME STRONG TESTIMONIES.

## THIRTEEN MONTHS ON ONE MEAL A DAY— SCROFULA.

DUDLEY, N. C., Dec. 18, 1900.

MR. CHAS. C. HASKELL,

DEAR SIR:—Long before hearing of Dr. Dewey's way to health by right living, I had read much on the subject by Drs. James C. Jackson, Page and Schlickheizen; and I had learned also what they did not specifically teach,—that abstinence from food on mornings devoted to study or preaching was an invaluable help. Especially on Sunday mornings, it was my custom to omit breakfast when I wanted to be at my best, and I was hardly ever disappointed. Sometimes an apple was eaten; sometimes I would boil two lemons, not letting them burst while boiling, then mixing the contents with sugar and no water, found that or imagined it a great help.

Once between fifteen and twenty years ago I spent thirteen months living on one meal a day, and for a part of that time eating nothing at all on Sundays. Those were ideal times. I got used to it. I enjoyed it. My food was always palatable and acceptable when I came to it; but I was never impatient for it. I lost the "old-fashioned craving" which we call hunger, and had a most excellent appetite when I began to break fast.

I did not begin the one meal a day plan with any suspicion of its help as a mind-builder. Dr. Jas. C. Jackson had written of his power over natural passions and propensities, and I wanted to be self-mastered. I was very agreeably surprised to find after about ten days or two weeks of such living that my mind was empowering itself in ways never suspected possible. What I would read one evening would be almost as clear in my vision the next morning as if I were beholding the page. There was no distraction, no mind wandering. Others besides myself noticed that something had happened to me. I would rise in the morning and when the family were at breakfast I was in my study. Hour after hour I spent on studies, largely secular, until 10 A. M. Then, because I had found that the last two hours of abstinence were my very best, I betook myself to Bible studies, and for two solid hours studied with a view to the coming Sunday's work. Then, after a nap of an hour or so, I did pastoral visiting, and at night attended and helped in some meeting or other, for I was in the city of New York, and there were many opportunities.

One thing I noticed about these evenings was the wonderful clearness and musicalness of my voice, and the marvelous ease with which I could take the tenor on any tune presented, even if I had never seen it until the hymn was announced. What I had sought I had found and much more.

My passions were subdued. "The wolf dwelt with the lamb. The leopard lay down with the kid. The calf and the young lion and the fatling were together,—the lion ate straw with the ox" (Isa. xi, 6, 7).

Soon I realized something else wonderful. I had read Dr. Page on "Not Catching Cold" before, but I had under the old way of living no experience of it. I soon learned that I had forgotten how to take cold. No imprudence, accidental or purposed, could bring one on. Those were wonderful days and weeks and months. One Sunday at a friend's house, a guest at dinner time, and having already had my meal, I yielded to the urgent invitation to "sit by" and then to eat, and the wondrous spell was broken. At times since, for a month at a time, I have lived that way, but not right on and on.

When I received for myself from you Dr. Dewey's book "The True Science of Living," and for my wife "A New Era for Woman," I began the "No breakfast" plan, and I find it a genuine health bringer to Spirit, soul and body. I am well used to it. When I began I thought it well to drink a little water in the morning, but I so often forgot to drink that now I just let it go. I do not find any necessity for food or drink until long past the noon hour.

I have brought the matter to the attention of my church, and one of my members—a woman

past forty, who from infancy was cursed with scrofula and similar troubles—began April 1, 1900, to do without breakfast, and not only she, but everybody who knows her, knows that she has undergone a wonderful transformation. She realizes that she has an entirely new body, with no trace of old ailments.

I am so thankful for "The New Gospel." *It is a Gospel.* I believe Jesus, Himself, would preach and practice it, if now He was incarnate as before. The man who has taught us to ask, "What Would Jesus Do?" does it, and says:—"I never was so well in all my life before."

God bless you, and make your forthcoming book a blessing to dull, heavy, spiritless people all over the land and all over the globe.

Yours sincerely,

(REV.) R. B. JOHNS.

---

#### BILIOUS HEADACHES.

BRISTOL, CONN., DEC. 14, 1900.

MESSRS. CHARLES C. HASKELL & SON,

NORWICH, CONN.

DEAR SIRS:—Regarding myself and my wife, we have gone just eight weeks now without eating any breakfast, and *a team of four horses could not drag us back to the wretched old custom of eating three meals a day.*

The improvement in my own case has been



very remarkable. I am naturally bilious, and used to have bilious attacks accompanied with violent headaches about once every two weeks. After giving up my breakfast, I had two slight headaches the first week caused by the sudden change, as I stopped my breakfast short off, eating no lunch at all until the noon-day meal.

Since the first week I have not had any sign of a headache nor any bilious complaint, and feel 100 per cent. better in every way.

Yours truly,

GEO. M. EGGLESTON,

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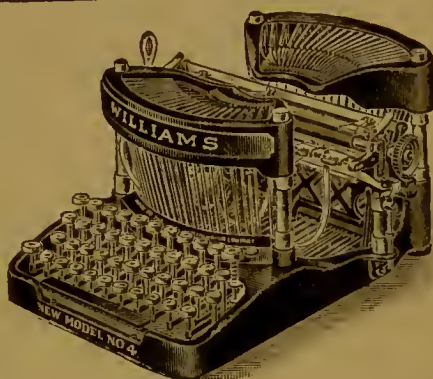
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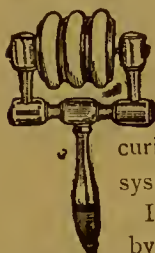
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